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THE
English Malady Removed;
OR, A
NEW TREATISE
ON THE

METHOD of curing the LAND SCURVY,
LEPROSY, ELEPHANTIASIS, and EVIL,
with other cutaneous Eruptions;

SHEWING THE

Rise and Progress of these Diseases, and by what
Medicines they are cured,

ILLUSTRATED BY

Many Cases extracted from the Writings of the most
eminent Men of the Faculty, and the Author's own
Observations and Advice.

The whole interspersed with

Variety of efficacious Receipts, collected, and now published for
the Good of the Public.

By a PHYSICIAN.

L O N D O N :

Printed for the AUTHOR, and by his Appointment sold at
Mr PEARCE's, Bookseller, No. 12. in Cheapside; and at
Mr. SPILSBURY's, No. 24, in Gutter-Lane, Cheapside.

M DCC LXIX.

(The Edition of 1771 has the Author's
name L. Mardon)

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ADVERTISEMENT.

I HAVE appointed my Antiscorbutic Drops to be sold at the following places only, viz. With printed directions sealed up at Five Shillings a bottle; each bottle is square, and has the following inscription on it, viz. "Mardon's Antiscorbutic Drops, prepared by L. M. and Author:" each bill is signed with L. M. at the bottom; and sold at Mr. Pearch's, bookseller, No. 12, in Cheapside; and at Mr. Spilsbury's, No. 24, in Gutter-Lane, Cheapside, London.

N. B. Merchants, captains of ships, and country dealers, who take a quantity will have a proper allowance to sell again, by applying as above.

The medicine will keep in any climate.

INTRODUCTION.

To the READER.

A FRIEND of mine, upon reviewing the Treatise on the Scurvy and Leprosy, thought that I had omitted cases that would be very satisfactory to the public, and in particular in regard of Salivation; that I had mentioned one case from Wiseman, where Salivation succeeded, but had not taken notice of other cases where it failed. I shall follow my friend's advice; though things may be taken notice of here, which should have been placed in their proper order, and were omitted, lest the book should exceed the price intended. And first in regard of Willis, page 20 and 21, I have taken notice only of his description and progress of the Leprosy of the Greeks, or of the running scab; but make no mention of his manner of treating it, with what medicines and

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ii INTRODUCTION.

what success. I shall here set it down. In the first place he recommends bleeding and purging; then prescribes the following cathartic infusion to be repeated six or seven days, viz.

Take roots of sharp pointed dock dried, of polypody of the oak, each half an ounce; fenna, ten drams; epithymum, six drams; rhubarb, mechoacan, each half an ounce; yellow faunders, two drams; celtick spike, half a dram; salt of tartar, one dram and a half; put them in a glass with three pounds of white-wine, and a pound of elder flower-water, let them stand close covered in a cold place for three days, then use it; purging forth daily a sufficient quantity of the clear liquor; secondly, to sweeten the blood, and cleanse it from its salts, drink every morning two or three pints of whey by itself, or with fumitory, succory, and the sharp-pointed dock, infused in it; and let this drink be continued for thirty days, if it agrees with the stomach:
and

INTRODUCTION. iii

and a dose of the following electuary to be taken night and morning, viz. Take conserve of the roots of sharp-pointed dock, six ounces; crabs eyes, and coral prepared, each, two drams; ivory, one dram; powder of lignum, aloes, yellow Saunders, each one dram and a half; salt prunella, two drams; vitriol of mars, one dram and a half; syrup of the juice of wood sorrel, sufficient to make an electuary dose, is two drams.

The iron mineral waters prevail much in this disease; and when other medicines have been given to no purpose, I have often cured a grievous scab, which has almost been leprous with these waters; yet for the more efficacy, salt prunella, or vitriol salt of steel, or a little of the aforesaid electuary may be given conveniently. In constitutions more phlegmatic, or abounding with serum, when drinking of whey, or the waters, are not so proper, it may be sometimes convenient to give a decoction of the woods at medical

iv INTRODUCTION.

hours, and moreover constantly to take them for their ordinary drink, as thus: The rasping of willow-wood, half a pound; sarsaparilla root, eight ounces; white Saunders wood, of the mastick tree, each two ounces; shavings of ivory of hartshorn, each six drams; shavings of tin, and crude antimony, each four ounces; both tied in a rag, liquorice, one ounce; infuse, and boil in fountain water, sixteen pints to half, then strain for use.

Chalybeates are generally directed as useful in these cases, though often without success; for most preparations of steel, in which the sulphureous particles prevail, inasmuch as they ferment the blood, and put it into critical effervescences, do rather increase than diminish the impetiginous eruptions. Nevertheless the salt, syrup, tincture, and vitriolic infusions, as they fix the blood, and somewhat check the raging salts, do well enough suit the intentions proposed. But when none of these can avail, many, as the last

INTRODUCTION. v

last remedy, commend salivation ; as the stoutest champion, and the only that is able to cope with so strong an adversary : but the event does not always answer this mighty expectation ; for I must own to have tried this remedy myself in four persons, one of them three times repeated. Some were salivated by unction, about twenty days, others by pills, after which time all the scaly breakings forth, and clusters of pushes vanished : nevertheless, for perfecting the cure, a diet-drink of sarsa, with frequent sweating under a cradle, and due purging betwixt-whiles was continued for a month ; yet this course being ended, when no footsteps of the ruining scab seemed to be left behind ; within the second month a new stock of the same disease beginning to spring forth, grew up in a short time to its wonted maturity. Moreover, when one of these persons would repeat this medicine, and another, after two returns of the disease, would try it a third time, both of them at length despaired of cure, after they had underwent so much misery ; whence
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vi INTRODUCTION.

'It is evident, that the venereal disease, tho' it be extremely malignant, and cause foul and virulent ulcers, eating the very bones themselves, may more easily and certainly be cured than this distemper ; therefore not undeservedly did the most famous physicians of old reckon this disease, when confirmed, to be very difficult, if at all cureable.

An event no better attends it, when coming upon an inveterate Scurvy ; perhaps, indeed, the intentions of cure may be more certainly gathered, when this matter is the basis or root, as I may say of the former, viz. taking the primary therapeutic indications from thence, and to insist chiefly upon antiscorbutic medicines ; but even of this sort, those that are sharp and hot, as scurvy grass, water cresses, horse radish, pepper wort, and other things that incite the blood too much, as they dissolve the crasis of it more, and force the coagulating tartar to the skin in a greater quantity, are always found to do more harm than good.

Baths,

INTRODUCTION. vii

Baths, or bathing in hot water, which evacuate by abundance of sweat the humours of the whole body, and cleanse the pores of the skin, though they seem very proper for this disorder, yet they are so far from relieving, that the breakings out are very often increased and exasperated thereby. Then he mentions, that, to his knowledge, many have made the experiment, and have returned quite leprous, as I have observed, page 39, where the name of Willis should have been put instead of Turner: wherefore, whenever this disease is a supervenient symptom of the Scurvy, let all sharp and elastic things be avoided, and only the more temperate be given, endued with a nitrous vitriolic, or volatile salt. The nitrous is predominant in the crystal mineral, some juices of herbs, decoctions, and in some of the purging waters. Cucumbers being endowed with a nitrous virtue, are found by experience to be good against the Leprosy; therefore, in the room of other sallad, let them be eaten plentifully. Moreover, let three or four of them
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viii INTRODUCTION.

be cut in pieces and infused in 3 or 4 pints of spring water, for a night, close covered. To the clear liquor poured off, add aq. fal prunella, two or three drams ; the dose half a pint each day. For the same purpose also decoctions of the leaves and fruit, made in spring water, much conduce. Some cathartic mineral waters, especially those of North-hall, if you make analysis of them by evaporation, do manifestly shew the nitrous salt, wherewith they are impregnated : and I have often found that the constant drinking of about four pints a day, for a pretty while together, has done service in a milder species. But such as are endowed with a vitriolic, as the spaw, do far exceed the nitrous, or indeed most other medicines in this case. To such as have not opportunity of taking them at the fountain head, I give common water saturated with our steel, and exactly resembling the spaw waters, with good success ; because of the mineral salts, or at least some mercurial particles in them.

INTRODUCTION. ix

Tin and antimony have their praises also given them by some, who prescribe them together with other medicines. The raspings of tin and the powder of antimony may be infused in beer for ordinary drink, or they may be put in a decoction of sassa, and some of the other woods, for this purpose. Dr. Willis next recommends the use of the viper for the cure of the running scab and leprosy; and the reason is, the help it affords ought to be ascribed to the volatile salt, with a great plenty of which this animal is endowed; for the particles of this destroy the fixt and acid salts predominating in the blood of the diseased, and dissolve their combinations; nevertheless the salt spirit and oil of vipers chymically extracted by reason of their empyreumatic and mighty particles which they draw from the fire, are not proper in this disease; so neither the spirit or volatile salt of hartshorn, foot, or blood, and other such like aromatics, because, by exagitating the blood and humours above measure, they cause their crasis to be more dissolved, and their corrup-

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x INTRODUCTION.

tions to be driven more plentifully to the skin; therefore the more simple preparations of vipers, as broths of their flesh boiled in water, drinks impregnated with infusions of the same, and powders dried are prescribed with more success against this disease; and likewise oviparous snakes boiled, and eaten for ordinary food, give often great relief.

I cannot help making a remark here, and express my surprise, that Dr. Wills should so strenuously recommend vipers for the cure of this disorder, and never make any trial of the experiment in a case or two which he has left on record, and where no expence was spared, which I shall presently relate. Beyond all doubt he had read Galen's two great cures of the Leprosy, each by a single viper, and another case mentioned by Poterius, who saith, they must be used a considerable time before any benefit will accrue to the diseased; yet this Poterius, whilst he is decrying their virtues, and disputing the authority of Galen, gives a remarkable example

INTRODUCTION. xi

ample of a cure wrought by them upon a reverend father, which I have taken notice of page 73. When I mentioned, page 74, that the above story was exploded, I did not mean this of Potèrius, but the other two of Galen. The remark being wrong placed, I still continue in the same mind, that no dependence is to be had of vipers unless eaten in a great quantity, and continued. Quincy has given a receipt composed of æthiops mineral, gum-guaiac. and viper's flesh powdered, made into an electuary, and says it is infallible for the itch, leprosy, &c. I am afraid Quincy has here committed a fault like many practioners and writers, who prescribe such remedies as they have read, or heard had been successful in similar cases, without thoroughly examining, or making the proper experiments to find if it was applicable to the present. But to return to my author, a very necessary caution it is in this malady, to inquire whether or no it may not take its rise from some latent venereal taint impressed upon the blood. If so, as in the case of the

xii INTRODUCTION.

scurvy, anti-scorbutic remedies have the chief place; so here anti-venereals such as mercury, are principally required ; by this method, I have soon, and easily cured many persons accounted to have the leprosy (who had been long under cure, and miserably tormented with remedies for the scurvy) by making use of mercurial medicines, as in a venereal case.

The second curatory indication respects external application, or topical remedies, to remove the scurfy eruptions ; among which baths and liniments are chief, which yet unless the efficient cause, i. e. the tartarous disposition of the blood be first purged out, do seldom or never any good of themselves : among these both baths and liniments made of tar are by far the best, only they smell strong. The liniments whose use are safe and proper, are of three degrees, viz. gentle, moderate, and more strong : the first consists of oil, tartar, per deliquium, oil of bitter almonds; the second tar and ointment of roses. But the most effectual are mercurial ones, viz.

INTRODUCTION. xiii

viz. Take white precipitate of mercury, three drams; ointment of roses, three ounces; mix for use.

Case I. from Willis.

A virgin of a noble family, whose temperament was hot, as having originally a sharp and salt blood, after having lived a very long time, almost from her cradle, somewhat toucht with a running scab; about the time of her coming to ripeness of years, began to be troubled with it in a more grievous manner: for clusters of scaly pushes did not only every where over-run her arms and thighs, and other parts of the body out of sight, but likewise made her hands and face so loathsome that she was ashamed to go abroad, and converse with others of her quality. An infinite number of the before remedies were given without success. By the use of hot baths she seemed to grow better at first, but in the end she became worse after them. The waters of Astrope wells, which have perfectly cured some persons of a running

xiv INTRODUCTION.

ning scab, did her little or no good : despairing of ordinary methods, I proposed salivation, as being a more powerful remedy. The patient and parents readily agreed, and her body was prepared by purging and bleeding. I salivated her by giving of pills, and a mercurial ointment, which went on well and freely; for a month before this course was ended all the breakings forth were vanished; to perfect the cure, and extirpate the mercury, she spent another month in purging, sweating under a cradle, and in a diet-drink of a decoction of sassa and china, &c. at which time she seemed perfectly cured, to the great joy of all parties, and continued so for forty days; but from that time, although she observed an ^e exact form of diet, the same disease began to spring forth afresh, and increased by degrees to as bad a state as before. I being in some confusion at this event, persuaded her to hope an alteration for the better after the flowing of her menses, which having not yet happened was expected in a short time. After long expectation,

INTRODUCTION. xv

tion, that excretion at length happening, and thenceforward continuing its constant course, brought no relief to that disease, but rather made it worse; wherefore she had recourse again to physic, and tried remedies almost of all kinds: which proving all to no effect, her friends earnestly desired that she should enter again the course of salivation, hoping that method which cured her at first for a short time, being used again, would cure her at least for a longer, or happily restore her to perfect health. According to their desire, the same course of salivation and sweating was repeated for two months space, and thereby the scaly eruptions being every where vanished, the noble virgin seemed again to have recovered her health; but within six weeks after the course was finished, the pushes and their clusters appeared again, and daily increasing in number and bulk, at length rendered the body all over in a more loathsome condition than before.

Case

xvi INTRODUCTION.

Case II. from Willis.

I knew a man of a robust and, athletick habit of body, who, after he had been troubled with a running scab many years, the disease at length growing worse, and being risen to an over-grown state, had his whole body covered over with a white, and, as it were, a leprous scur; so that every night the scales falling off in great plenty within the bed like bran, might be gathered up in heaps. This person first tried ordinary methods almost of all kinds without any benefit, and then underwent a gentle salivation of mercury, but found himself nothing better. Afterwards that method being repeated, after a long and high flux, he seemed restored to his health; but within three months the same disease springing forth afresh, rose in a short time to its ancient enormous state; nay, and having undergone this irksome kind of cure a third time, that disease, which seemed for a while to be driven away, returned again, and thenceforward, in
despite

INTRODUCTION. xvii

of this and any other method whatsoever, exercised its tyranny during the life of the patient. So far Willis, who had laid excellent rules down and given prescriptions with great judgement, but I do not find he met with any great success: he was a physician of the first rank, and lived about a century ago. I have mentioned in page 72, that Turner had salivated two or three without success. I shall here give you the heads of those cases.

Case I. from Turner.

A young man who was attended with a leprous scurf from his infancy, his whole skin (excepting his hands and face) representing exactly the scales of some sort of fish; their strata larger than the common spangle, and where they lay out of the way of rubbing, placed in exact ranges like the slate or filing on the tops of houses. I shall not give the prescriptions in full, because these were lost cases, though the medicines are very powerful ones. So bad was this

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xviii INTRODUCTION.

young man's case that turner despaired of success, and was at a loss how to begin, but being overcome with importunity, he ordered bleeding, purging, a mercurial powder twice a week, every night a bolus, a small medicated ale for his constant drink; one morning in a week was set apart for sweating: he thus spent a month and made some progress towards clearing his skin, then gave him pills night and morning, then went to a river in the evening, for an hour or two, (being summer) where with his flesh-brush and lather, and soap made suitable to the occasion, he thoroughly scoured his hide, and came home much pleased with his expected cure. After some time his skin appeared much amended, and he who every morning could gather lately near a handful of branny scales, now very rarely found one in his bed: however, fearing the snake, he kept strictly to his alterative bolus, and mercurial purges. His diet-drink, of which he was tired, was changed for medicated whey, which he drank plentifully till he thought he was quite well

INTRODUCTION. xix

well. About a month or six weeks after he had left off his medicine, this inveterate malady began afresh to bud, to his great grief; he was then salivated thirty days, came out perfectly clean of his distemper, and remained so for several months: before the spring was advanced he took all necessary precaution by bleeding and purging, and a regular discipline, yet did the scurfy scab repullulate in several places, though not arriving to the degree it was at formerly. He ventured upon marriage, and has children without any appearance of the father's distemper.

Case II. from Turner.

A young gentlewoman, of a comely and slender make, nineteen years of age, had some scattering eruptions on her face, which were a lesser species of the *Lepra Græcorum*; she had one on her brow, the most conspicuous, covered with a white scab, which she picked off one morning, and found a new one by the next: she had two or three smaller upon other parts of her face, and

xx INTRODUCTION.

some upon her neck : her knees and elbows had large white shining scabs, the rest of her body was free. This young lady had been lately under a six month's course of medicine by a bold practitioner : she had bathed, anointed, and strictly dieted to no purpose : after some consultation it was agreed to salivate her, and a very careful nurse was employed to look after her ; but after many endeavours I could not raise a plentiful salivation. She was then carefully sweated, and and purged again at proper distances ; I then kept her strictly to the sarsaparilla decoction, giving her therewith each morning ten grains of vitriolic tartar, with one scruple of salt of tartar, &c. Before she went to Bath, notwithstanding all we had done, the impetigo arose a fresh upon her brow, on which account, I directed the following liniment, viz. Take ointment of the flowers of oranges, one ounce ; white precipitate of mercury, a dram and a half ; camphire, half a dram ; white vitrol burnt, one scruple ; mix. With this she anointed going to rest, and the next morning

INTRODUCTION. xxi

morning washed the parts with a ley as strong as she could bear, which kept the pustules under, so that she was not much incommoded.

The warm weather approaching, she changed her diet-drink for whey, wherein were infused the roots of sharp pointed dock, and fumitory, and took an electuay prescribed. She then went to Bath: the first month gave hopes; but to conclude, after staying there and making use of many things from others, the distemper still kept budding and manifesting its perverse nature, though not to the same height as formerly. Turner says, he could mention a third person who was twice salivated, once by calomel and then by unction with no better success.

A Case from Sir Theodore Mayern.

A young lady, fourteen years of age, much infected with a scaly disease on her skin, for which she was purged, well sweated, bathed, electuaries given, diet-drinks to be continued
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xxii INTRODUCTION.

the whole year; her diet was regulated: it was ordered to be cooling and moistening, shunning every thing sharp, salt, peppered, or otherways spiced, or sweetened with much sugar or honey, and all strong drinks prohibited. What the issue of this case was, is left undetermined, only we find that great hopes were placed in her growing better when she came to enjoy the usual benefit of the menstrual purgation.—The case where Turner succeeded, which I have mentioned, page 33, was a maiden gentlewoman, many years afflicted with a milder species of this disease; yet notwithstanding she was incommoded with several of the brannyscales or white eruptions upon her brows, neck and joints, as well knees as elbows, giving her great disturbance at sometimes by their itching, and uneasiness of mind from the blemish, more particular to the face. Turner tried other things first, but they not agreeing with her constitution, he desisted: likewise the viper at first was given in a bolus, afterwards they were drest and eat as eels. Having thus regaled

INTRODUCTION. xxiii

galed on forty vipers to little advantage, she returned (says he) to me again ; and then he wrote what I have taken notice of, page 33 and 34. Turner has left this doubt ; whether this cure was first laid in the animal, viz. the viper's flesh subduing the strength of the disease, or in the mineral preparations finishing the same ? I shall leave others to pass judgment, mine being for the latter, assisted by the vegetable, I mean the decoction drank therewith.

I shall give you two or three more receipts from two authors who cured the leprosy. First then, Joannes Wierus, set down the following method he took in curing a foul scab or lepra in a common person, sadly afflicted. Having bled him, he kept him to the following drink, to be taken daily, viz. Take root of polypody, one ounce, and half an ounce of sharp pointed dock ; wild succory, with the roots and tops of hops, each a handful ; scabious, speedwell, fumitory, each two handfuls ; the flowers of borage and
bugloss

xxiv INTRODUCTION.

bugloss each half a handful ; liquorice shaved in bits, half an ounce ; raisins stoned, one ounce ; boil in fountain water, four pints to two ; at the end of the decoction let there be mixt fenna purified, two ounces ; dodder of thyme, one ounce ; let them infuse one night, and when you have pressed the clear off, add syrup of the juice of fumitory, four ounces ; make for your drink. After this has been continued some time, he directs the following bath to be made use of frequently, viz. Take scabious, speedwell, fumitory, soured sharp pointed dock, wheat bran, each four handfuls ; put them in a pot of boiling water for the bath. After this, he was anointed with the following, viz. Take the juice of scabious, speedwell, fumitory, sharp pointed dock, each two drams ; round birthwort, prepared, Roman vitrel, each two drams and a half ; niter, one dram ; litharge of silver, two drams ; allum, two scruples ; sulphur, half an inch ; oil of bays and hogs lard, each two ounces : the oil and fat boil with the juices, to a proper consistence, then mix
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INTRODUCTION. xxv

the rest of the ingredients, and make a liniment. To the arms and thighs were applied cupping glasses with scarification, and he was also forbid smoke-dried, and salted meats, wines, cheese, shell-fish, new beer, all soured milk, and pickles of all sorts.

Gregory Horstius says, that he cured a noble virgin, over-run with a dry scab and itching of the whole body, casting off much scurf and scaly dequammations, accompanied with horrid clefts or rhagades, in-somuch that it was under deliberation whether she should not be separated as a true lepar, with the following liniment, viz. Take the roots of sharp pointed dock, two ounces; elecampane, one ounce; boil in a sufficient quantity of vinegar, and after you have bruised the roots, squeeze out the juice; add oil of roses and violets, each half an ounce; litharge, one dram; sulphur, half a dram; fresh butter, one ounce; turpentine, half an ounce; with a little wax make a liniment. He likewise cured a young country lad, of

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xxvi INTRODUCTION.

eighteen years of age, who had been a long time tormented with a moist and foul scab, viz. Take the roots of bryony, sharp pointed dock, each four ounces ; the herbs scabious, fumitory, lesser centaury, each four handfuls ; the bark and root of black alder, two ounces ; chamomile flowers, three handfuls ; flower of sulphur, salt, each half a pound ; cut and prepare these ingredients for the bath according to art. There are many ingredients that are prescribed in ancient authors, that the present college of physicians have thought proper to exclude the dispensatory.

I think of all cures that I have read, the following is most remarkable, from an author named Heers, who tells us of a red haired cholerick young man coming to him with his skin torn into deep clefts all over his body, insomuch that he had never seen the like in his lifetime of a leprous person. He had taken seven courses of a decoction of guaiacum, forty days at a course, upon which he fell into a confirmed leprosy ; being burnt as
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INTRODUCTION. xxvii

it were with his hot potions: I prescribed him (says he) of chrystal Mountain, pp. half a dram, every morning with the juice of herbs or fruits, drinking whey with sal prunel dissolved therein. I then laid him on a bed of straw, deep under a mill, that he might receive upon his body the dropping of the cold water heated neither by motion nor the sun, and when he had done this before supper for an hour and a half, several days, he grew sound and well. Scultetus, who thought bad diet occasioned the leprosy, has left us a memorable story (of its being got that way) scarce credible. A butcher of Ulm, he says, who travelling upon the road by chance lodged at an inn, where the hostess (a reputed forceress) served him with the boiled flesh of a dead leper: upon eating which, his whole mass of blood was corrupted in a short space of time, breaking out into malignant pustules all over his head and surface of his whole body; and hearing afterwards that his hostess, this wicked woman, was publickly burnt for other horrid crimes

xxviii INTRODUCTION.

which she had committed, the melancholy man began to despair of cure. Bartholine relates, that he was informed by a Neapolitan physician, how prince Caraffa was fed with the flesh of asses on account of his leprosy: contrary to Ballonius, who saith the disease is thereby produced; yet Hippocrates commends the same, and Pliny saith, it is good for consumptive people. There are many of these cases that have been mentioned as the leprosy, which belong more properly to the elefantiasis. The receipt to prepare the decoction of the elm bark, which Doognatus cured a young man with is, take the inner bark of the elm tree new gathered, four ounces; fountain-water, three pound boil to one half; to the rubicund strained liquor which will be like claret wine, add syrup of raspberries and syrup of mulberries, each one ounce and a half. The Lisbon diet-drink mentioned in page 89, is a very good receipt, and it is said to be the true one in Dr. James's Dispensatory. I could point out several excellent medicines with a little

INTRODUCTION. xxix

little alteration, but my limits will not allow of it, and they sufficiently point themselves.

These medicines are good for the king's-evil; but whenever white swellings make their appearance, apply to a skilful surgeon. Meat suppers it is best to abstain from; long fasting is bad, so is standing too near and long by a great fire. People that have a bad digestion should take more time at their meals. These rules may be thought trifling, but they are of use, especially to people whose blood is hot and itches often, and who ought to drink freely of cool diluting liquors.

In regard of the scurvy, I cannot help taking notice, how prevalent the opinion is, that every one has more or less of the scurvy. I must dissent from this assertion, however universal it may be, for I have no manner of doubt, but that there are thousands entirely free from eruptive complaints; and it is allowed that other countries are troubled with these cutaneous disorders to as great a degree, if not greater than this country. If
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xxx INTRODUCTION.

you are desirous of knowing what the real scurvy is which people have at sea, and sometimes those that live near it, you should consult * Dr. Lind's Treatise on the Scurvy; who has given a list of all who have wrote on the scurvy, and their opinions; but you will find nothing satisfactory in regard to the disorders I treat off. The medicines that are proper for these cutaneous disorders at land are by no means proper at sea, for those that have the real scurvy. Take the following story: A man at sea being put on shore to perish as it were, so bad that he could not stand, crawled along, and being very hungry, was glad to crop a green herb he found on the island, which herb quickly restored him to his health, to the surprise of all. Another writer speaking of the scurvy, says, It is worthy of observation, how suddenly, and how perfectly they recover of this distemper by eating greens, viz. coleworts, carrots, cabbages,

* No one that goes to sea ought to be without this book; the price is 6s. There is no medicine that ever was advertised (that I know of) such as drops, pills, bolus, or electuaries, proper to take to sea to be given for the scurvy: a good cabbage beats them all.

turnips,

INTRODUCTION. xxxi

turnips, &c. Men put on shore in the most pitiful condition that can be imagined, are able in three or four days, by means of this food, to walk several miles into the country. Now where will you meet with such quick cures in land cases? The two disorders, tho' widely different, are often blended together, and scurvy grass, being a specific for the scurvy at sea, is often recommended for pimples, blotches, and other breakings out of the body, when nothing is so improper as such hot herbs. Some will tell you the cause of these diseases are owing to predominant acids, and therefore must be cured by alkaline remedies, others this, and that, equally unsatisfactory; for the cause varies as much as the patients. I think to intemperance and lewdness we may ascribe many of our maladies, (though not all) which occasions obstructions in the glands.

To the Public,

If what I have wrote prove any way serviceable to the afflicted, I shall be amply paid for my trouble, and hope you will excuse

xxxii INTRODUCTION.

cuse what faults or errors may unavoidably have crept into it.

Be not sparing of your trouble in bad cases, in making your decoctions and purging infusions, of which you have many excellent receipts ; and many have been healed of their disorders by these means, when others failed. Many a person has offered a medicine for sale in these cases, but none has dealt with sufficient candour. I have been sparing in recommending my drops, that every one may be free, and pursue that method the most likely and the nearest to their own, to recover them to their strength. I have not digested my remarks in order, but thrown them out just as they occurred to me, and that they may prove beneficial to you will ever be the desire of the public's humble servant,

L. M.

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S C U R V Y, &c.

C H A P T E R I.

Of the Elephantiasis.

THE Leprosy of the Arabians, called Elephantiasis, from the roughness, inequalities and tubercles in the skin, resembling that of an elephant; we are so happy as not to know much more of it than is handed down to us by antient writers. Lucretius supposed it began in Egypt, and no where
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else ; but if the Leprosy of the Jews is the same as of the Negroes, (though I doubt it, contrary to the opinion of other authors) then we may affirm, that it is endemical to the southern parts of Africa.

Tacitus says, that Occhoris, king of Egypt, consulted the oracle of Ammon, for a remedy for the Leprosy, and was advised to expel the Jews out of his country, as a race of men hateful to the gods: a stroke of policy of some that owed no good-will to that people ; though we find that Justin falls into the like error, affirming, that the only means the Egyptians had to stop the plague, was to drive Moses and his people out of the land : that it was infectious all authors agree, both sacred and prophane. Herodotus tells us, that the Persians, whom it visited sometimes, would not suffer a leprous person to come within their walls ; and surely the accounts the scriptures give of these disorders are truly melancholy. Pliny acquaints us, that it did not invade Italy till the time of Pompey the Great,

Great, and that it was brought from Egypt; and is peculiar to that kingdom ; and speaking of another disease, not much unlike the Leprosy, which was brought from Asia into Italy, in the reign of Tiberius, says, they were obliged to send to Egypt, the mother (as he styles them) of these filthy maladies, for physicians to cure it. Some have thought, and not without reason, that the Leprosy of the Arabians was the parent of the *lues venerea*. Astruc, who was of the contrary opinion, acknowledges it was propagated by venereal embraces, that it was endemic in Syria, as well as Egypt, and was the Leprosy of the Jews ; it is certain, that since the pox has been curable, the Elephantiasis seems to have disappeared, and the Leprosy of the Greeks might have been much more frequent among us than it is now.

Pliny the elder, who lived in the reign of Vespasian and Titus, and who was a great writer of natural history, informs us, that the Elephantiasis made its first appearance on the

face, by a small speck on the nose, or nostril, and the whole body is covered over with spots of various colours, in proportion to the increase of the disease; the skin is thick in one place, and thin in another; hard and rough, with scabs in time; the skin turns black, and the disease eats away the flesh off the bones. Celsus, who lived in the reign of Tiberius, a physician, observes, that the spots grow tumid and red, and then turn black, and the skin is covered with scales; then the body falls away, the mouth, legs, and feet swell; the fingers and toes are hid with a swelling, even the bones themselves do not escape: afterwards a fever arises, to which the patient falls an easy victim.

There is another disease in the island of Barbadoes, which Towne falsely calls the Elephantiasis, on this supposition, that it was denominated from the patient, having a leg of a prodigious size, resembling the leg of an elephant: others without examining minutely have been led into the same mistake; for it generally happens after long illnesses,

nesses, acute fevers obstinate intermittents, or other tedious distempers; the viciated humours generally subside into one leg, sometimes into both, imitating an Anasarca. As the leg becomes more tumefied, the veins are distended with a varicous swelling from the knee to the toe; then the skin begins to grow rugged and unequal, its vascular and glandular compages are enlarged, and a scaly substance, with a sort of chops and fissures in the interstices, appear on the surface: these seeming scales do not dry up or fall off, but are protruded forward and stretched in their dimensions till the leg is enlarged to an enormous bulk: though this scaly coat appears to be harsh, callous and insensible, yet if touched ever so superficially with a lancet the blood will freely ooze out, and if the epidermis be pared off, an infinite number of orifices of the blood vessels will appear to the eye, when assisted with a microscope. The Negro, though in such a state, is otherwise hearty and well, and some have lived with this disease fifteen or thirty years. Amputation

tion is no cure, for it will seize the other leg: white people, when reduced to hardships, sometimes have it.

Dr. Heberden, in the island of Madeira, has sent his brother Dr. Heberden, here in London, a description of the Elephantiasis, as follows: Frequently the first symptom is a sudden eruption of tubercles or bumps of different sizes of a red colour, more or less intense (attended with great heat and itching) on the body, legs, arms, and face, sometimes in the face and neck alone, at other times occupying the limbs only; the patient is feverish, the fever ceasing, the tubercles remain indolent, and in some degree schirrous, of a livid or copper colour, and sometimes of the natural colour of the skin, or at least very little altered; and sometimes, after some months, they ulcerate, discharging a foetid ichorous humour in small quantities, but never laudable pus. The features of the face swell and enlarge greatly, the part above the eye-brows seems inflated, the hair of the
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eye-brows falls off, as does the hair of the beard: but I have never seen any whose hair has not remained on his head. The *alæ nasi* are swelled and scabrous, the nostrils patulous, and sometimes affected with ulcers, which corroding the cartilage and septum nasi, occasion the nose to fall; the lips are tumid, the voice hoarse, which symptom I have observed when no ulcers have appeared in the throat, although sometimes both the throat and gums are ulcerated, the ears, particularly the lobes are thickened, and occupied by tubercles; in the extremities the nails grow scabrous and rugose, appearing something like a rough bark of a tree, and as the distemper advances, corrodes the parts gradually with a dry sordid scale, or gangrenous ulcer; so that the fingers and toes rot and separate joint after joint. In some patients the legs seem rather posts than legs, being no longer of a natural shape, but swelled to an enormous size, and indurated, not yielding to the pressure of the fingers, and the superficies is covered with very thin scales of a
dull

dull whitish colour, seemingly much finer and not so white, as those observed in the *Lepra Græcorum*. The whole limb is overspread with tubercles, interspersed with deep fissures ; sometimes the limb is covered with a thick, moist, scabby crust, and not seldom the tubercles ulcerate ; in others the legs are emaciated, and sometimes ulcerated, at other times affected with tubercles without ulceration. The muscular flesh between the thumb and fore-finger is generally extenuated. The whole skin, particularly that of the face, has a remarkable shining appearance, as if it was varnished or finely polished. The sensation is very obtuse, or totally abolished ; so that pinching, or puncturing the part gives little or no uneasiness, and in some patients the motion of the fingers and toes are quite destroyed ; the breath is very offensive ; the pulse in general weak and slow. The disease often attacks the patient in a different manner from the above-described, beginning almost insensibly ; a few indolent tubercles appearing on various parts of the body or limbs,

limbs, generally on the legs or arms, sometimes on the face, neck, or breast, and sometimes in the lobes of the ears, increasing by very slow degrees, without any disorder previous, or concomitant in respect of pain or uneasiness.

GUIDO DE CHAULIAC, has summed up a description of this disease in a concise manner, yet copious : The Leprosy, says he, commonly begins in the face and forehead, in which filthy tubercles make their appearance, and by degrees spread all over the body. The eye-brows swell ; the nostrils grow wider outwardly, and straiter inwardly ; the lips are disfigured with an unsightly tumour ; the voice is hoarse and snuffling ; the ears are turned back ; the fore-head is protuberant ; the face is of a purple colour ; the veins under the tongue are varicous and black ; the muscles between the fore-finger and the thumb are eaten away ; the hair falls off from the head and eye-brows ; afterwards the skin of the whole body becomes black

and full of spots, rough, and unequal, with crusty scabs full of knobs and fissures of horrible aspect, which makes it appear like the skin of an elephant. After this the fingers and toes begin to swell, and then the legs, which being covered with rugged inequalities seem like two sacks for magnitude: besides all this the patient is insatiable with regard to venereal pleasures: the blood is fœtid, spotted and black, and will not coagulate.

Hoffman, (a physician to two kings of Prussia) a man of great judgment, thought that the seat of this disease, is in the skin, but chiefly in the fatty membrane, where the fumes of the impure and corrupt matter chiefly resides; insomuch that by corroding, pricking, and inflaming, the nervous fibrillæ of the skin various kind of pustules are generated; nay he thought that the fat was not only the proper recepticle for the seeds of this disease, but of the measles, small-pox, miliary pustules, and the lues venerea, where

where they may lurk till some bad constitution of the air gives them sufficient vigour to exert their pernicious qualities. All the antient physicians thought it had its rise from errors in diet, and some are of opinion that hogs flesh was forbidden to the Jews on that account. Other authors laid the blame on salt, viciid meats, and acid wines.

Many former writers affirmed, that this disease was hereditary and infectious ; that it might be caught by the saliva of a leper, or if you drink after one, out of the same pot ; by touching or lying in the bed, and by coition ; but if we review what Dr. Heberden has wrote, we find it was not catching ; his words are these : Notwithstanding the just abhorrence which every one entertains of this loathsome disease, it certainly is not so contagious as is commonly imagined ; for I have never heard of any one who has contracted the distemper by contact of a leper : and on the contrary, I not only am a daily witness of communication between lepers and other

people, without the least ill consequence, but know several instances where a leprous husband, married to a sound wife, has cohabited with her for a long series of years, and had several children by her, without her having contracted the least symptom of the disorder, although the children have inherited it, and *vice versa*, between a leprous wife and sound husband. As to its being hereditary, our author confirms it, but not as we should imagine it, the account is curious and worthy our observation ; he says, I have known several children from the same parents, some of whom have the distemper, the others seemingly free from it : and know a family whose father lived and died a leper, and of two sons and two daughters who survived him, tho' at present each of them is advanced in years, the youngest daughter alone has shewed she inherits the disorder; and what I think is worthy of remark is, that although the eldest son at present is between sixty and seventy years of age, he has never discovered in himself the least symptom of it; yet his on-

ly daughter, now about eighteen years old, has been afflicted with it several years; thus suppressed, but not subdued (we see) the *fomes morbi* may lie dormant a whole generation, and awake with full vigour in the succeeding one. Doth not the mass of blood, when once tainted, always preserve the seeds of the distemper blended therewith, and thereby acquire an aptitude to produce it, and only wait the concurrence of a proper agent to excite, and put it in action: it is the universal opinion in the island of Madeira, that when once a person is infected, his posterity are never secure from it.

I have known people live ten, fifteen, and more years, afflicted with this distemper, and at last die of other disorders; and do not remember to have seen more than one person, who could be said to have died of the Leprosy: this was an old man, who, after having laboured many years under the disorder, and having been bed-ridden the last year or two of his life, at length died emaciated.

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Antient authors have given us a description of this disease, but in regard of the healing part, they are quite defective; when the disease was recent, they had hopes of curing it, but if it was of long duration, they absolutely despaired, and pronounced it incurable. In regard to the medicines they have mentioned, they are trifling, and not worth a repetition: therefore, I shall close an account of this dreadful disease with the case of one person, and the manner of cure related by Dr. Heberden of Madeira, to whom, and his brother Dr. Heberden of London, we are greatly obliged.

I have in this island, experienced the use of the bark in four or five leprous patients with success: one had a confirmed Elephantiasis, the others were only incipient, having no other symptoms than florid and lived tubercles in the face, and on the limbs. The confirmed Elephaptiasis was attended with livid and scirrhus tubercles which had overspread the face and limbs, the whole body
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was emaciated; the eye-brows inflated; the hair of the eye-brows fallen off entirely; the bones of the nose depressed; the alæ nasi tumefied, as likewise the lobes of the ears, with a suffusion on both eyes, which had almost deprived the patient of his sight; there was a want of sensation in the extremities, and a loss of motion in the fingers and toes. For the space of more than seven years, I had in vain used every method I could think of to relieve my patient, either by forcing the peccant humour thro' the pores of the skin, by precipitating it through the kidneys by the help of crude antimony; essence of antimony; crude antimony, 2 l part, æthiops mineral; Plummer's mercurial alterative, assisted by sassafras tea; mercurius dulcis in small doses; mercurial frictions, taking care they shall not affect the mouth; sublimate, with a decoction of sassafras; decoct. of sarsaparillæ; neutral salts; tincture of cantharides; whey simple and medicated; baths of warm water; baths medicated; and each of these methods I perused for several months successively;

sively: and though I often flattered myself that I had gained advantage under each of them, yet a little time never failed to convince me of my mistake.

The good effects obtained from the bark in mortifications, wounds, and particularly in stumous disorders, determined me to make trial of it in this case; accordingly on the 2d of March, 1758, I prescribed the following electuary.

Take Peruvian bark finely powdered, one ounce and a half; of the bark of saffra root in powder, half an ounce; simple syrup sufficient to make an electuary: take the quantity of a large nut-meg twice in a day. I ordered him to rub his arms and legs night and morning, with the following embrocation from Quincy. Take spirit of wine, eight ounces; oil of tartar per deliquium, one ounce; spirit of sal ammoniac, two drams, mix; and prescribed a perpetual blister between the shoulders. By the latter end of
May,

May, the tubercles were considerab'y softened; by the 28th of June, they were dissipated, and in their place the parts were covered with a scurfy efflorescence of a very florid red colour, resembling the sterpes, or common ring-worm: July 8, the eruptions had lost their florid colour, turned brown, and peeled off, leaving the cutis sound and clean.

The patient gradually recovered the sensation in his legs and arms, and the use of his toes and fingers; the hair has grown again on his eye-brows, and the only remainder of his distemper which I can perceive is, that the nose continues somewhat flatter from the depression of the bones: the suffusion is quite cured, and the patient is, *ευσταρκος και ευχρως*. His diet during the whole cure was flesh-meat at dinner, sometimes fowl, but oftener (the patient being tired of fowls) fresh beef; his breakfast toast and butter, with two dishes of coffee, mixed with an equal portion of milk; his supper frequently

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the same as his breakfast, and sometimes a couple of new laid eggs ; he was allowed to eat lettuce, and now and then fresh cucumbers. The patient is one and thirty years old ; he is so fond of the medicine from which he has received such benefit, that he never has neglected taking it every day constantly, from the time he first began it. I must observe that mercurials did no way exasperate the disorder, as is commonly believed, at least I could never perceive that effect from them, although I was particularly careful in endeavouring to find out the truth of the common opinion. The disorder by fluxion is what is the ofteneft endeavoured to be remedied by timely application ; that by congestion not being so conspicuous, is generally either neglected, or endeavoured to be concealed, until perhaps it is too late to be cured, at least unless the patients would submit to a longer course of medicine, and stricter regimen of diet, then I have seen them inclined to do. Several incipient disorders by fluxion, I have known yield to an anti-phlogistic

phlogistic method, as bleeding, sal diurætic, in the saline draughts, and a solution of cream of tartar in water for their common drink (by this means endeavouring to precipitate part of the peccant matter, perhaps too gross to pass the pores by the kidneys) and when once the fever is overcome, the Peruvian bark, with the bark of sassafras as mentioned in the foregoing place, is the medicine I rely on; the only topical medicine I prescribe is the attenuating embrocation mentioned in the same account. By the same method I have known some confirmed cases palliated, but excepting the patient, of whose case I send you the relation, I have never seen nor heard of a confirmed Elephantiasis radically cured.

This person has remained hitherto quite free from the distemper: Indeed I have never met with another possessed with prudence and perseverance enough to prosecute the cure as he ought: I cannot close this subject without putting my reader in mind,

what a blessedness it is, that these melancholy dreadful disorders, are strangers to this land, may they ever be so.

I myself have never seen one instance of it, nor many physicians whom I have conversed with : I shall now proceed to treat of a species of Leprosy, well known among us, commonly called *Lepra Græcorum*.

CHAPTER II.

Of the Leprosy of the Greeks.

IN treating of this disease, I shall first lay before you the observations of eminent physicians ; then I shall give you my own, of which I have been a witness.

Willis, a great physician, observes, this distemper begins with red pimples, or pustules, breaking out in various parts of the body ; sometimes they appear single, sometimes

times a great number arise together, especially on the arms and legs; as the disease increases, fresh pimples appear, which joining the former make a sort of clusters, all which enlarge their borders, and spread in an orbicular form; the superficies of these pustules are rough, whitish, and scaly.

When they are scratched, the scales fall off, upon which a thin ichor oozes out, which soon dries and hardens into a scaly crust. These clusters of pustules, are at first small and few, that is three or four in the arm or leg only, and of the size of a silver penny; but if the disease is suffered to increase, they become more numerous, and the clusters enlarge their circumference to the bigness of a crown piece, but not exactly round, afterwards it gradually increases in such a manner, that the whole body is covered with a leprous scurf.

Wiseman, in his book of Chirurgery, Chap. 25, Vol. I. says, that the Lepra and
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Elephantiasis has so many acceptations in writers that it is fit to distinguish them in the first place. I shall therefore understand by Leprosy, the highest degree of the itch, where the scabs grow dry and break out in the form of white scales, sticking hard to one another, not easily pulled off, but if they are, they leave the place red, and soon return again. The Leprosy of the Arabians, was quite another disease, which by the Greeks is called an Elephantiasis, and is nothing else but an universal cancer of the whole body, black, and indeed a most miserable disease, but I think scarce known in England. The disease I purpose to give you an instance of is the Leprosy of the Greeks, supposed to be by Celsus, his impetigo, and by others pfora; the white scurf proceeding from a vicious salt in the blood, that doth diminish the serum of it, which, when the skin should separate by a just transpiration, instead thereof it converts it into a dry salt, itching, white scab, very troublesome to the patient, and difficult of cure. The immediate

diate cause of this disease is, as I have said, a vicious salt in the serum; other authors will have it to be generated of a mixture of atrabilis, to be of a more gross matter, and to arise from evil diet, a dry intemperies of the skin, a suppression of the hæmorrhoids, or menses; also from a quartan fever, and to proceed by the way of infection as scabs do, it being an excess thereof; if salt humours abound, it is difficult of cure. The cure of this disease consists in the prosecution of the of the same method with that of the scab; only this, as it exceeds that, requires to be treated more strictly, and with medicaments more powerful: I shall not trouble you with particularizing them, but refer you to the following observations.

OBSERVATION I.

A young woman about twenty years of age, had been long afflicted with a species of Leprosy upon her left brow; many endeavours had been used by prescriptions, internal

nal and external, viz. frequent bleedings, application of leeches; the disease increasing, I was consulted, and advised her to purge once in four days, with *mercurius dulcis* and *diagrydium*; and the intermitting days to take bezoar mineral; and to drink for her ordinary drink a decoction of *sassafras* and *maſtick*, with ſome of the alterative plants preſcribed in the method of cure: the part affected, we fomented daily with a fomentation, propoſed at firſt, and after the ſcabs and ſcurf were removed, it was anointed with ſome ointment of *vigos*. I began this cure in winter, ſoon after Chriſtmas, and cured her before the ſpring; yet adviſed the continuance of the internals, purging her weekly, and when the weather ſhould grow ſeaſonable, bathing in freſh water, temperately warm: I ſaw her half a year after perfectly cured.

OBSERVATION II.

A maid about thirty years of age, having been a long time diſeaſed with an *impetigo*,
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or species of the Leprosy of the Greeks, in her arms, legs, and thighs, came commended to my care ; it began with a serpigo, making many round spots, such as are generally called ring worms, with extream itching, which by frequent scratching, heated and mattered, and afterwards scabbed, and in progress over-spread her limbs with a white dry scurf, under which the serpiginous circles lay covered. She had passed through the milder remedies without success frequently, upon which account I designed mercurials, and beginning with bleeding, afterwards purged her with a decoction of dodder of thyme. After the second dose, I gave her a dose of calomel over night, and purged it off in the morning with the said apozeme; during which, I caused her limbs to be bathed and rubbed often with the decoction to that purpose, that the scurf might be moistened and brought off; then it was anointed with an ointment made of different ingredients. After I had thus evacuated the plethora, and disposed her body for mercurials

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more operative, I gave her each moruing and evening a few grains of diaphretic mercury in a bolus, with a conserve of wood sorrel and mithridate, disposing her thereby to a breathing sweat, and caused her limbs to be daily anointed with ointment of elecampane with mercury. These medicines proving unsuccessful, and her mouth not growing sore, I caused her limbs to be anointed with Sir Alex. Frazer, his unction, prescribed in the lues venerea, and vomited her with turbith mineral once in four or five days; by this course she emaciated, and her skin become clean of the impetigo, but she did not salivate: I concluded her course of physic with bathing and sweating with diaphoreticks, purging her betweenwhiles for the space of a fortnight, and dismissed her with advice to drink a decoction of dock root and fumitory tops; about two months after she shewed herself to me cured, and well complexoned.

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OBSERVATION III.

A maid about fourteen years of age, of a fallow complexion, and lean dry body, having been diseased from her infancy, with a white dry scab from the crown of her head to her feet; her skin of a moorish tanned colour; after taking divers remedies without success, was at last put into my hands for cure.

I purged her with a draught of dodder of thyme, and the day after let her blood, about eight ounces or more; she bore it well, and the blood was of a good colour and consistence; the day after I purged her with some of the same decoction, with the addition of the syrup of the purging apple, and caused her to drink for her ordinary drink a medicated ale, and which served to make posset: those days she purged, then I prepared a bath, wherein had been boiled the leaves and roots of marshmallows, dock root, elecampane, bryong leaves, and scallious, marjoram, fumitory, sope wort, bay berries, and

juniper; seeds of staves acre, mustard seed, alum sulphor, Hungarian vitrol, and a bag of wheat bran to sit upon. I prescribed her likewise the mixture above-mentioned made into a ball, with common soap for her to rub herself with while she was in the bath; she had also a pearl julap ready to take upon occasion. After she had thus bathed according to her strength, half or three quarters of an hour, she was lapt in a warm sheet, put into bed, and took a morsel of a cordial bolus, made of Venice treacle, conserve of borrag, wood sorrel, bezoar, crabs eyes, troches of viper made up with syrup of cytron peel, upon which she sweat an hour or more; then dried, and anointed with one of the ointments, a waistcoat was put on, and she arose and was dressed: her diet was good nourishment and easy digestion; such has been already proposed, as mutton, veal, pullets, &c. I continued this method of bathing some while, and purged her with calomel every third day at night, and a draught of the decoction of dodder of thyme. Her head
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was full of white dry scabs, for which reason her hair was clipt close off, and her head bathed with a ley wherein had been boiled some of the same materials, which were ordered for the bath, and then anointed with burnt butter, with sut and salt each equal parts: in the time of bathing I caused her head to be rubbed with common soap, and bathed to loosen the scurf and dry scales. Sometimes during her bathing, I rubbed some of the largest scales, and such as stuck firmest with a caustic stone, which did not only hasten their fall off, but scoured the skin notably well. Where the bigger scabs separated, there remained for the most part an ugly discolouring of the place, and little excrescences I rubbed off with the caustic stone; and where there was occasion I dressed the parts with ointment of tutiæ or lytharidge; yet notwithstanding, the disease rose in one part as it dried in others; upon which consideration, I vomited her with a few grains of turbeth mineral, and repeating it twice or thrice, intermitting a day or two
between,

between, her chaps swelled : upon which I forbore the use of the bath, and kept her warm, then salivated her seventeen or eighteen days, in which time her scurf fell off quite, and her skin became clean. I then purged her with a bitter potion of Sir Alex. and ordered her a drink of the decoction of asparilla and China root, with some of the steptick plants ; I sweat her for some days, purging her once in three or four days ; then bathed her in warm water, washing her body with balls of wheat bran and soap, for some few days : thus we concluded the course, she being to all appearance perfectly well, and her complexion fresh. She should then have returned into the country, but that I desired she might stay the spring of the year for a farther trial of her cure, it being then February ; she did stay, and in April the disease began to appear in her right arm, and rise scattering about her body, which increasing, I let her blood again, purged her with whey and manna, and bathed her in warm water, wherein I put a solution of sublimate,

limate, designing that way to flux her ; but it not rising to my mind, I anointed her legs and arms with Sir Alex. his Neapolitan ointment, by which I salivated her near thirty days, in which time the scabs fell off again. As the salivation declined, I put her into a decoction of sarsaparilla, to drink daily as formerly, sweat her and purged her ; and now having finished the course with bathing, as I had done before, delivered her once more cured. Her friends seeing her thus recovered, put her to school to give her that breeding which her diseased body had hindered her so long from. She is married since that, and as I have been lately informed, continues well, yet not quite so free from that disease, but that she sometimes has little marks of it.

I now proceed to another author, viz. Hoffman : the method of ^ucare he recommends is, to endeavour by bleeding and abstinence, by purges gentle and strong to ^rdrive out of the body, the corrupt, gloutinous

nous, and acrid humours, and by a good regimen promote the generation of wholesome juices; and likewise by external detensive, consolidating and drying remedies to free the parts from pains, tumours, itching and ulcers. The purges he recommended are extracts of black hellebore, resin of jallap, elaterium mixed with calamel, or æthiops, mineral, and gum ammoniac: among those things which stimulate the solid parts to an excretory motion, and melt down more powerfully the tenacious humours, are the wood and bark of guaiacum wood. The most considerable besides these, are the tartarized and acrid tincture of antimony, sulphur of antimony cinnabar; and if a venereal taint is suspected, a decoction of crude antimony, which medicines in a convenient dose in the morning, with purifying decoctions drank in bed, afford very great relief; but if these fail, recourse must be had to mercury, which some, after extinction, mix with flowers of sulphur and camphire, and rub it on the joints to promote a salivation: others
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more properly give mercurius dulcis, with double the quantity of crabs eyes, and calx of antimony, rising gradually from three or four grains to a scruple (twenty grains) in order to salivate with the usual precaution: the cure may also be performed with alterative and diaphoretic preparations of mercury, such as mercurius solaris and jovialis, of which a few grains may be given every morning in conserve of roses for some weeks, drinking in bed, after it, a pint of decoction suitable to the disease; which ever method was taken of these to cure, required a temperate air, a spare thin diet, and care not to catch cold.

Turner, an eminent surgeon, describes the Leprosy as breaking out first in the elbows and knees, and soon spreads itself till it shews all over the body. He cured a young lady of the Leprosy, who had taken forty vipers to no effect, with the following medicines, viz. Take conserve of the flowers of mallow, one ounce; æthiops mineral,

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half an ounce ; crude antimony finely powdered, fix drams ; pectoral fyrup sufficient to make an electuary : take the quantity of a large nutmeg morning and evening, drinking a gill of the following decoction, viz. Take of the root of sharp-pointed dock dried, one ounce ; sarsaparilla, shavings of knotty china root cut, each half an ounce, boil in simple lime-water; for two pounds towards the end of boiling, add leaves of fumitory, scabious, of each half a handful; let it be strained through a sieve, and cleansed from the sediments, and add pectoral fyrup, one ounce and a half, mix, to be taken likewise by itself at four in the afternoon : for outward application, take white ointment two drams : white mercury precipitate, one scruple, mix, make a liniment, make use of it going to bed ; this may be scented with oil of lemon, a few drops ; then take turpeth mineral unwashed, two drams ; lime water, four ounces ; let it stand together, and, now and then shaking the phial, dip the feather of a pen in this mixture,
and

and whet the scabs only two or three times a day. Once a week the humours may be carried downward with the following gentle purge: Take rhubarb, one dram; tamarinds, two drams; coriander seeds prepared, one dram; infuse them in simple alexiserial water, three ounces; strain through a cloth or sieve, and dissolve in best manna, one ounce, mix, make a potion; when the scabs are fallen off, use the following liniment to take off the marks, viz. Take simple ointment, two drams; sulphur præcipitate, half a dram; flowers of bismuth, one scruple; make a liniment, with which let the parts be anointed.

Ruffel made use of the following method to cure a man of the Leprosy: he had a dry scaly Leprosy on his arms, and his whole body was beset with innumerable yellow branny leprous spots, which all but one in the arm were cured in two months. Take æthiops mineral, one ounce and a half; the best antimony levigated, half an ounce; scutle-fish bone, three drams; millepedes

prepared, two drams; conserve of rue, ten drams; syrup of violets sufficient to make an electuary, of which take the quantity of a nutmeg twice in a day, drinking one pound of sea-water the first thing in the morning daily. A girl of thirteen had white branny spots all over her body, and was cured within two months by the following things, viz. Take calomel, six grains; camphor, one grain; conserve of rue, sufficient to make a bolus; to be taken every sixth night, drinking the following purging draught the next morning: take decoction of senna, two ounces; manna, three drams; glauher salts, two drams; peony water compound, two drams; solutive syrup of roses, two drams, mix, make a draught; then take the flesh of vipers, one scruple; camphor, one grain; conserve of red roses sufficient to make a bolus, to be taken every night going to bed; drinking half a pound of sea water the morning following, when you do not take the calomel bolus.

Dr.

Dr. Plummer, professor of physic at Edinburgh, has invented a remedy composed of mercury, and golden sulphur of antimony, equal parts, which has succeeded in many bad cases. A lady about thirty, of a slender make and fine skin, was cured of the Leprosy when salivation failed, by taking Plummer's pills made of seven grains and a half of powder, with an extract given night and morning, with a draught of weak decoction of guaiacum; they had no tendency either to vomit or purge; in the space of four or five weeks her skin was quite clear. A man who had a sudden eruption of red pimples on his face, after having long used evacuations and anti-scorbutics, and was at length salivated to no purpose, took the powder made into pills as above, drinking plentifully of whey at the same time, and was cured in two months, though there were some interruptions in the course; a drying deterfive lotion was used towards the end. Tar, tho' a coarse remedy, has sometimes great effects in these cases used externally, as has been found

found by experience, prepared thus : Take simple ointment, four drams, tar, two ounces ; mix together till they are smooth,

Thus have I stated various cases from different authors to let you see in what manner those diseases have been treated, and how cured ; and as this book is designed not for the medical gentlemen altogether, but those who are so unhappily afflicted with the disease, I have translated the prescriptions into English ; but I hope none will be too free with them, without consulting their apothecary, as some of them, or almost all are of the dangerous class, excepting the following, which some recommend in scorbutic complaints, called the scorbutic juices, to be taken in the spring as sweetners of the blood ; they are very good ; in a cold scurvy they are best. Take the juice of garden scurvy-grass, and of Seville oranges, each a pint and a half ; the juice of brook lime, and of water cresses, each a pint ; white sugar, ten ounces ; after they are mixt, let them stand a little, and strain

strain or pour off the clear ; and add for grown people, compound horse radish water, half a pint ; a gill to be taken twice a day.

Several other authors have described the disease, viz. Etmuller, Hildanus, &c. with much the same description, but in regard to the cure, they cannot fix upon any medicines as specifics, but recommend general ones, such as were thought good for the disease.

Heurnius takes notice of one leprous person, after having tried a multitude of medicines in vain, at length recovered by eating freely of cucumbers : cold nitrous medicines are often used in these disorders, but they require judgment.

Turner remarks that he has known several, not very itchy patients have gone to Bath, and there bathed in the hot water, and have returned quite leprous, I am sure hot
baths

baths alter the property of the body; for if ten grains would raise a sweat before you went, scarce twenty will do it afterwards. One author, viz. Myzaldus, extols, for a cure of the Leprosy, the feeding on frogs; and Jacobus Devynetus greatly magnifies the frequent use of the elm tree fresh prepared, by the constant drinking of which decoction, mixt with a little white wine, I saw, saith he, a young man, aged eighteen, recovered of a Leprosy, it occasioning such strong smells of stinking sweats, that those about him were scarce able to endure his company, whilst he voided also large quantities of a turbid and blackish urine.

CHAPTER III.

Of the Land Scurvy.

IT will be proper, before I go on, to take some notice of the Scurvy, a disease impossible to be defined by words containing any

any simple or distinct idea; it is rather a name used to denote a multitude of symptoms different, and sometimes opposite in their causes and cures. The word Scurvy, is generally by the people made use of to comprehend any bad disorders, or breakings out of the skin, as the itch of the milder sort that is not catching; the leprosy, herpes miliaris, blotches of the face or body; great heats and redness of the face, and other sores and ulcers the body is liable too, are all summed up in that one word, the Scurvy; whereas the true Scurvy is scarcely known upon the land, especially in the inner parts: those that inhabit low marshy soils near stagnating waters, and those who live sedentary lives, are certainly more liable to get a species of the true Scurvy, than others who live contrary. To give you an idea of what the Sea Scurvy is, that so often attacks sea-faring people, and is so very destructive unless they can get to land and have fresh provisions and vegetables, which quickly restore them to their health.

A Description of the Sea Scurvy.

It begins with unusual laziness, spontaneous weariness, heaviness of the body, difficulty of breathing, rottenness of the gums, a stinking breath, frequent bleeding at the nose, and other old wounds; sometimes the legs swell, and you can dent your finger in the same, as in a piece of dough; other times the legs fall away, and there comes out livid plumous yellow, or violet-coloured spots; the colour of the face is generally pale and tawny, and the patient loves to be in a sitting or lying posture; there is a pain in all the muscles, as if he was over-tired, especially of the legs and loins; when he awakes in the morning, all his joints and muscles seem to be tired and bruised; the gums grow painful, hot and itching, frequently swell, and bleed upon the least pressure; the roots of the teeth become bare and loose, he feels pains in all the external and internal parts of the body, imitating distempers proper to the various

rious parts ; in the next state the gums grow putrid, with a cadaverous smell ; when they are inflamed, blood distills from them, and a gangrene ensues ; the loose teeth by degrees grow yellow, black, and rotten ; some have a swelling of the ancles in the evening, which disappears in the morning ; in a little time it advances gradually up the leg, and the whole member becomes œdematous ; hurts, bruises, wounds, healed up, and fractured parts always become scorbutic first ; old ulcers will emit a thin foetid sanies, mixed with blood, and at length coagulated gore will lie on the surface of the sore like a cake ; as the disease increases, they shoot out a soft bloody fungus, resembling bullocks liver, which will sometimes rise to a monstrous size in a night's time. Bad as this disease is, yet when once they can get to walk upon land, with a suitable diet and regimen, they are quickly cured of their complaints. Acid is a great specific for them, such as oranges and lemons, vinegar, cream of tartar, and plenty of greens, &c. which we see

will go but a little way to cure those upon the land, who are troubled with scorbutic disorders. But as the Sea Scurvy does not enter into my design, I shall here drop it, and treat of those disorders that are so frequent amongst us, and which we call the Land Scurvy.—To distinguish them,

The Land Scurvy arises originally either from an hereditary taint, or from a natural imperfection, or relaxation of the solids ; the cutaneous absorbents have their mouths too much dilated, consequently receive too large and noxious particles, which obstructs them ; the obstructed matter soon putrefies, and is conveyed in this more fluid state, which it has acquired by putrefaction into the blood, by the same absorbent vessels, which are a species of lymphatics. When this morbid matter is once conveyed into the blood, and intimately mixed with it by circulation, then it acts as a septic ferment, and corrupts the whole mass of fluids ; and after some time we may consider the whole body as in an
advanced

advanced state of putrefaction. This putrid disease which is either scorbutic, scrophulous, leprous, or evilish, for they are all different degrees of one, and the same disease, is cured with more difficulty than other putrid diseases, because the original frame of the constitution is constantly promoting the disease, and is perpetually sending fresh matter to support it.

Young people are often attacked with a scorbutic complaint upon their arms, shoulders, and other parts, with a violent heat and itching, attended with a dryness and roughness of the skin like that of a goose, and being scratched, there oozes out blood or other matter very easily, according as humours abound; and I have seen, where the arms, belly and stomach have been scratched, the blood has followed plentifully, and then small dry scabs succeeded, which as they have been healed, dried up, till they have begun the same game, which
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is mostly at night going into bed: some grown people generally spend ten or twelve minutes in going over this course of scratching the various parts of their bodies, to let out the confined matter which causes this irritation. Flesh brushes and coarse cloths are very proper, and very healthful, more so for those who take but little exercise. In this case strong purging physic is not proper, bathing in water, fresh or salt, is of present service, the salt is the best, but the disorder generally returns some months after; and if these disorders are not corrected in time, it generally, as people grow up, turns of a worse kind, namely the Leprosy.

The cause of these itchy humours which frequently trouble both young and old, one author explains in this manner: nature who will not suffer any thing injurious to itself, will always be at variance with whatever gives it uneasiness, and will endeavour to throw off, whatever foul humour has got into the blood, by ejecting it out as far as the skin,
but

but by reason of the thickness of the humours it can go no further ; there it lies heating, itching, and corroding, till such time as we make use of the means pointed out, and that is removing the skin, which is generally scratched off, and then the patient finds relief by the discharge of the confined matter.

The author adds,

I think these small pimples may justly be called ulcers in minature, for they are affected in the same manner in proportion as large ones : as for instance, any person that has got a bad sore, if he drinks any thing strong, that place is sure to feel the bad effects of it first, so it is with those small ones ; they immediately feel a heat, attended with a violent itching, and if you were to view those small pimples through a microscope, or let them alone till they grow large, you would plainly discover them to be ulcers. Ointments, though often prescribed will not cure, they only serve to soften the skin ; we must rectify the blood by some powerful
medicines ;

medicines ; flower of brimstone with a good diet-drink is an excellent remedy. I have seen children troubled with this disorder that have lived on a poor diet, and drank nothing but water ; a proof it does not always come as many suppose with high living.

C H A P. IV.

THE symptoms of a Leprosy which in grown people often succeeds or attacks, first begins according to my observations on the legs and arms, and particularly on the knees and elbows, and on the small of the leg up the calf, with little bright round red spots, not so big as flea bites, with no irritation ; that they are not minded till they assume their proper shape, which they soon do, by turning into a white scurf, which dries and is easily peeled off, but is quickly succeeded by another scab, and from its small size it increases, and will spread itself to various dimensions over the whole body,

body, till one blotch joins another, and the whole body becomes a spectacle (the belly and stomach are generally free from this complaint, though liable to the foregoing) these leprous spots are not exactly round, though they are roundish at first, but as the malady gets worse, their form differs; when these spots upon the different parts of the body are very troublesome, they will itch, and upon moving the scurf which easily gives way, and is very light, thin, and white, and something like a scale of a fish finely wove one to another: it appears to me to be the same taken notice of in Leviticus, chap. 13 and 14, where it mentions the rising scab, and a bright spot, and to which I refer the reader. If you pinch these spots hard, you'll see thin watery blood come through the pores, or if these places are gently pressed with the finger, it shews a white spot, and immediately again grows red; after you have taken the scurf off, these raw moist spots will be again covered with the same white crust, (they will be

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cool

cool to the touch of the finger, tho' they may seem hot to the patient) which is continually going and coming to the great mortification of the sufferer. Some people have the Leprosy so bad, that when a maid comes to make the bed, she shall find abundance of this scurf; the crown of the head will have very hard scurf, or scabs sticking on, not easily removed; it will be very hot and inflamed, owing to the salt humour that is predominant, and when the scab is moved, the spots will run with matter in a great quantity at times, and sometimes smell strongly; and though the head when shaved, will appear to a by-stander very sore and painful, yet to the patient it is quite the reverse, for the operation is oftener a pleasure.

There is a disorder that the heads of children are troubled with, such as scabby eruptions, called Achores, and if these scabs affect the face, they are called *Crusta Lactea*; these are expelled by the force and benefit of nature, and before the eruption, the child

is

is often troubled with epileptic fits, ‡ from the irritation of the morbific matter. If the humour by any accident should strike in, either by itself, or by improper application, they are very dangerous, and the child will fall into an asthma, or a fatal epilepsy; but with proper care, and the assistance of your apothecary, your child will recover and be the better for these eruptions afterwards.

In regard of the Leprosy, the spots do not begin at one place, and so spread on, but the spots are scattered here and there; but mostly worst from the elbows towards the wrists, and from the knees downwards; and by it spreading its surface, frequently one blotch joins another.

Innumerable are the disorders that attend these scorbutic complaints, such as fevers, bad eyes, St. Anthony's fire, erysipelas, lowness of the spirits, flushings of the face, stink-

‡ For children in fits nothing is better then foot-drops; a few drops given in warm-water, and let them smell at them, and frictions upon the soles of the feet.

ing breath, rottenness of the gums, weariness, with a weakness in the knees, indigestion, blotches in the face like boils; others have their skin beset with innumerable dry small pimples, &c.

As to the Scurvy of the gums, as it is called, when the gums wear away, or bleed upon a slight pressure, or suddenly; and the mouth feels clammy in a morning, with a slight fever; the breath is generally offensive; this is always a sure sign that the body does not enjoy that state of health you could wish, and ought to put you upon your guard to prevent any further encroachments. Many things are recommended to cure the Scurvy in the teeth. Some recommending tinctures, others powders, and the third opiats, just as their interest directs: as to a tincture I don't approve of it; for where the gums are worn away the mouth seems hollow, and wants something to fill up, and nourish more than the common tinctures: therefore take the following powder, viz. take dragons blood, allum, myrrh, cream of tartar, equal parts, in
fine

fine powder, and mix : to give it a fine colour
 some add vermillion, but it is better to let it
 alone. You may use this as a powder by it-
 self, but if the gums are wasted, you may
 make a paste by mixing it with honey of
 roses, and use it gently with your finger.
 Red wine is a good wash after dinner for the
 teeth, and a coarse cloth is often a better
 tooth-pick than those made of pens : to wash
 the mouth with cold water in the morning
 is very cleansing and strengthening, and
 hardens the gums. As I have been so par-
 ticular upon the gums, I shall say a word
 concerning the eyes.

Many persons labour under a weakness
 or dimness of the sight, who imagine that
 the fault lies in their eyes, and frequently
 have recourse to spectacles to help them : I
 wish they would have patience, and con-
 sider before they take that last step, for when
 once they take to glasses, they cannot
 throw them aside : if they visibly labour
 under a scorbutic complaint, no wonder their
 eyes are bad, if not, perhaps a fever, or some
 hidden

hidden disorder, that proper physick would soon carry off. The ointment of tutty camphorated is excellent to anoint the eyes with; melt a little bit in a silver tea spoon, and put a little in the corner of your eye, just before you step into bed, and in the morning rub them gently with fasting spittle; for day-time rose water is a great help. There are several other things I could recommend, but what I have said is sufficient for general directions.

CHAPTER V.

VARIOUS are the opinions how the Scurvy is got, but in general it is owing to a relaxation of the solids, and a tendency to putrefaction; that as the disease advances, so the body becomes weaker and weaker till it falls a prey, if not prevented by medicinal helps.

Willis

Willis and others have blamed dried and salt meats, and particularly hogs flesh and fish, imagining that was the cause of the Leprosy and Scurvy ; because the poor people in Cornwall, inhabiting near the sea-coast, were formerly much subject to leprous diseases, and had many hospitals erected on that account ; and this may be the case at sea, where people are pent up so close, and obliged to live so long on it ; but if such provision moderately used at land were the cause, then we should find great numbers of the farmers, who eat a great quantity of bacon and hung beef, have this disorder more frequently than what we do ; and if the cause lie in the provision, how comes it to pass that those who religiously as it were, abstain from these meats, have eruptions as much as ever almost. Am I an advocate for these meats then ? I answer no ; not to be eaten indiscriminately, but as we find they will agree with our constitution, which we shall easily know by their digestion. As to pork, if bad fed, or old ;

I think

I think nothing is worse, and ought to be shunned as poison. It is a common notion that gravy that runs from the meat is hurtful to children; now in my opinion nothing is better, provided it be not salt or too high seasoned, given in moderation; for by its fluidity it is already concocted, and will make good chyle: butter I would be sparing of, no matter how little. As to dairy fed pork, I have never denied my patients from tasting, or a thin slice of beef moderately corned, where their case has not been bad, because it is not the quality so much as the quantity that I have found to be hurtful. And now I am upon this theme, here lies as great an evil as I know off, which, if duly considered, what numberless evils it would prevent; and that is of being a little more sparing at meals in regard of eating: the drunkard runs not so great a risk as the glutton; the first may turn his machine over, but it generally rises again, whereas the glutton, by his over-feeding, lays such an intolerable load on his stomach, that he clogs the whole; and thereby renders it

it unfit for business, and is in danger of stopping it totally. Here lie the dangers, here lie the foundations of what is not to be thought on without horror, I mean apoplexies, palsies, &c.

I never hear of those melancholy complaints, but I think they might in a great measure have been prevented, if the person had lived more temperate, and followed the rule, bishop Taylor lays down; which is, when a person doubts whether he has eat sufficient, then it is time to leave off, then we should eat to live, and not live to eat: and the true meaning of that word indigestion, is nothing else but the person has over-eat himself, and that brings on heaviness, which is the parent of idleness; and these are properly speaking the great cause of those scorbutic complaints, more than can be laid simply to any species of meat: I am sure they are the nurses of bad humours. Turner says, that one of the worst species of the Leprosy he ever saw was a country-

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man,

man, who came to him for advice, but he died soon after of the small-pox. This person, with about a score more, fell ill after drinking some ropy and ill brewed beer, which cost the greater part of them their lives, and those that survived, in a few months grew perfectly leprous : this person's case was an Elephantiasis. There is another way the Scurvy is got, and that is, when children have been inoculated, and have recovered, they have broke out in a few months after with blotches, and running sores, as if they were eaten up with some bad disorder, and often die of it ; and no wonder, if we come to consider particulars attentively.

Parents send for a person to inoculate their children ; he performs it to the best of his judgement, and brings with him matter from another patient to mix with your child's blood ; now here is what is to be considered, whether the person's blood is pure and in a good state, from whom the matter was taken

to

to inoculate your child ; if not, depend on it, you ingraft the humours as well as the pock, and though to all appearance all may be well, yet when we see the seeds of a disorder lie dormant, nay, skip one generation, and attack the next, it is very hazardous.

The venereal disease, what is that caught by but by a slight touch ; besides is there not a critical moment when to take the virulous matter, and when to apply it, that every pretender thinks nothing off ; does not a little poison affect the whole mass of blood ? so it is likely to fare with those who run headlong into the fashionable way. You will reply, if we were thus to be afraid we should never do it, and most seem fond of it ; I answer, though I may be for it too, yet I would take care to employ men of the faculty, of honour and experience : it is a momentous concern, and not to be trusted to every one who assumes physic, because he has made a noise with the mortar for a year or two in some apothecary's shop. The

good cures are blazoned forth to the world, but the bad are buried ; for were the effects of hasty inoculation performed by pretenders to be held forth, it would be no less a dreadful, than a melancholy scroll, and many parents would now be the joyful, instead of the sorrowful ones, mourning either the loss of their child, or viewing with agonizing thought a body covered with blotches. I should not have been so particular on this, had there not been too much cause to complain, and it is still matter of doubt whether persons inoculated may not have the small-pox again ; and many that have been inoculated, if they had not been so, whether they would ever have had them ; and were we to persuade children that never had it, that they have had the small-pox, whether or no it would not be a great preservative from their catching it when grown up, as it is often caught by fear : I leave these considerations to others.

Other causes that scorbutic disorders proceed from are surfeits, and these are got various ways : people over-heating themselves

elves in a sultry day, and perhaps drinking cold liquors when hot, nothing can be more dangerous ; or ladies, when they have heated themselves by dancing, and going too hastily into the air or a cold place, or by a sudden suppression of an accustomed evacuation ; by bathing the legs and feet in cold water at an improper season ; if any perceive any sort of rash to break out, they ought to apply immediately to their apothecary ; for by neglect of this many a one has been a sufferer all their life, breaking out in their face, or other parts of the body, which, in the end, has turned to a Leprosy.

Some have the leprosy of a mild sort, they have various spots upon different parts, covered over with a white scurf which falls off easily like dry bran, and then comes again ; when you wash over them they look red, they seldom itch, if they do, it is a sure sign they are getting worse. I have taken notice that the weather affects greatly, and particularly cold weather, and likewise at the
full

full of the moon, especially if the person is of a melancholy cast ; and when one's patient seems cold and chilly, yet their blood is hot and itches violently, especially when they undress themselves at night.

It is a happiness that I never found these disorders catching, though they border so very near in resemblance to the itch, even when people bed together ; nor am I satisfied that it does descend from father to son, because every one has power to check it, if not quite cure it ; and we have daily opportunity of seeing these disorders totally eradicated. Where there is a family of four or five children, and two of them bad, we shall very often find the rest tainted, perhaps, but slightly. Scrophulous cases are well known to be hereditary, but these scorbutic complaints are, six out of eight owing to second causes, brought on us by our own selves, either through accident, or by our own folly.

Persons

Persons afflicted with the Leprosy, if they get a sore or scratch, it will turn Scurfy, as was the case of a man who slip his foot off a chair and raised the skin: it turned Leprosy over the place two inches in length, and was as hard to cure as any other part; likewise if they get a venereal taint, those white spots will turn a bad yellow, and be difficult of cure.

Seeing it is the lot of most men to have some complaint, I think those that are troubled with the Scurvy or Leprosy, seldom have any other disorder in general (excepting a few) attending them, and they are as likely to live to an old age as any, nay, more so, as those disorders keep a check upon their passions: and I am persuaded that were they (according to the plan laid down in the Spectator) to exchange their disease for another, they would be the first to cry out, give me my own again.

CHAP.

C H A P. VI.

I HAVE shewn you the various methods many excellent men have taken to cure so troublesome, as well as disagreeable disorders; some have succeeded with a few, but trying it upon others it has failed; and why? not owing to any fault of the doctor but their own, in not persevering in the regimen ordered. Medicines the most efficacious are very often the most nauseous, and sometimes the most simple; and in some cases, as you see, we are obliged to procure all the combined assistance we can, which must be more powerful than one; therefore they have thought proper to order pills at one time, electuary another, and diet-drinks at other times: the truth is, the ancients were at a loss for a specific, and many of the patients had rather choose to struggle with their disease than submit to so many disagreeable repetitions, and that for months, and upon uncertainty. I know that some of the ingredients

dients that they prescribed are very powerful ones, and made use of with success to this day where a person has patience.

To do justice to my respectable brethren, when the Scurvy comes to that height, breaking out in different parts of the body; the blood is in such a viciated state as must absolutely require time and assistance from all parties, but more so on the patient's, who in one day by intemperance, may undo all that is done in ten, and ten may pass before he reaches that point again; such precaution should be taken by those who wish to be well: in one word, they must be patient and persevering, in following what is ordered, abstaining from excesses, and in particular spiritous liquors, which almost instantaneously fire the blood; for when once these inflammatory liquors are drank freely they are exceeding pernicious to the constitution, by throwing the humours into an excessive agitation, and so destroy the balsamic parts of the blood: hence the solids wanting a due

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repa-

reparation, cease to perform their functions, which causes want of appetite, cachexies, atrophies, obstructions of the liver, brings on dropsies and other bad disorders.

Dr. Chene used to say, physic was but the tenth part of a cure, and I believe it will be found so, unless the patient will be governed. The reason why I insist on this is, because I know that through such impatient creatures many a good physician has been thought ill of, and has met with disappointments, where, if the patient had done his endeavours, the doctor would have had honour and credit, which is much more satisfactory than any pecuniary reward.

I shall now beg leave to say a word or two concerning a medicine for the Scurvy and Leprosy ; a medicine which has given the greatest proof of its efficacy by the many cures it has performed. I am not insensible that I shall draw on me the censure of my brethren, but I am determined not to let myself

be known till the world is convinced of the value of my preparation, the result of many years study and experience.

I suppose there are few that have confined themselves to the rise, progress, and regimen to be ordered, as I have done. Many patients that I have seen abroad in my travels, and at home in my own practice, rendered it absolutely necessary to deviate from the ancients, and of those of the moderns. I did as they did, prescribed pill after pill, electuary the same, bolus, diet-drinks; some whose stomachs were strong went through the course and were cured, but where I could get one to persevere ten left me half way, declaring unless I could order something as efficacious in a more agreeable manner for them to take, they must leave me and bear with their disorder; I reasoned, it was all to no purpose, the sight of a gally-pot overthrew all my arguments at once. Thus situated, I turned my eyes to see what could be done with a drop, and after making

many experiments, I fixed at last to this one, making use of no other, excepting in particular cases which I shall hereafter relate,

These drops are so contrived as to have but little taste, and when mixed with other liquors hardly any ; and I have the pleasure and the happiness to declare, that they have answered every end I have expected ; and I have disposed of, to the quantity of above one thousand bottles in private practice ; they were not delivered out in square bottles then as they are now for public sale, but round, and sometimes the colour varied, but now shall always keep to one general rule as I have found best.

CHAPTER VII.

Method of Treatment.

WHEN persons are troubled with these disorders, let them take a dose of physic agreeable to their constitution, if they abound

abound in humours, and then begin with the drops as ordered in the bill that is given; if they have already been under a course, then they are sufficiently prepared; and persons must be careful not to take more than what is ordered: many people imagine the more phyfic purges, the more good it does them; they are often mistaken and run a great risk of over-weakening their parts; besides, you are to consider how small the pores are in those cases which want opening, and that must be done in the gentlest manner, otherwise we clog the patient, and tire him out, before we are half way: diseases that take time in coming, generally are very tardy before they make their exit, and those are the best and safest cures, where nature is not over-hurried. I could here recommend outward applications, but these I have long thrown aside, by reason they often repel the humours, or at best reach no further than the surface, so that when a person flatters himself cured, in a short time he is convinced, he has only gained a temporary respite,

respice; or, what is worse, drove the disease internal, and lays thereby such a train of complicated evils not to be thought on without dread. I very seldom make use of liniments, but where I meet with people who will not be governed; for these drops go to the very root, and do not require any assistance from ointments in general.

As I have been asked by the ladies for a wash for their faces, I shall, to save any further trouble, recommend the following cosmetick, which for neatness, safety, and efficacy is inferior to none, however dignified by titles, or exuberant in promises. Take oil of bitter almonds, two ounces; oil of tartar par deliquium, one ounce; oil of rhodium, three drops, shake together till thoroughly mixed: it may be lowered with pump-water, or rose-water; it is a fine cream colour, it will make the skin admirably smooth and white, and free it from specks and pimples.

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For scorbutic complaints, no drastic purging medicines are proper, they work off too soon; salts are but of little service, any more than to cleanse the prime viæ, and sometimes cause an intolerable itching after; lenient purgatives are best, such as rhubarb, manna, fenna, or the elixir of health. Just to keep the body open once in twenty-four hours, in scorbutic complaints, is sufficient, if there should be any occasion, which seldom happens.

Bathing in salt-water is often made use of, and some declare it to be prejudicial: I will not take on me to pronounce it so, I have seen very good effects from it, though not complete cures; and I do not know any thing that more contributes to health, than a journey to the waters by the sea-coast: and when they make these agreeable excursions, they should leave physic behind them, unless particularly ordered; a circumstance not properly attended to. Salt-water to drink is better let alone,

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As to salivation, I by no means approve of it, and I am very glad that we are so happy, as to make use of medicines that will cure a certain disorder, without the dreadful word salivated. Many a one has been salivated for scorbutic complaints, but have had nothing but a most disagreeable, painful, loathsome operation for their pains; the disorder not touched, or has soon broke out again. Turner salivated three or four different persons, and though sometimes he thought he had got the better, yet a little time convinced him of his error. Some have tried a gentle salivation, so as to walk about; I never met with success to my mind, so condemn it. Let others do as they like.

Vipers have for several ages been deemed a specific; when they first become a part of the materia medica is uncertain, but they gained great reputation by two stories told by an ancient author, Galen.

Some people being in a field making of hay, had set their jug down, when coming
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to drink, perceived a viper had got in and was drowned ; imagining it was death whoever tasted it, out of compassion they gave the wine to a leper ; thinking, as his life must be a burden, it would ease him ; but, to the astonishment of the whole company, the person recovered.

The other story is of a leper going to the baths for help, and slighted by a courtesan, he was desperately in love with : she attempted to poison him, by giving him wine in which a viper had been drowned ; but, as in the former case intended for his death, so the same proved the means of restoring health.

Another story, related of a person receiving benefit from vipers, is as follows,

A reverend father of the order of Dominicans of Lombardy, was over-run with a foul leprous scab on his body, five or six years standing ; after having taken a great

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number

number of medicines from different hands to no effect, he was cured by consuming one hundred and fifty vipers in one summer : he used to eat them boiled, and drink the broth, upon which his old skin casting off, a new one succeeded, and he who a little before appeared an old man, was now grown young again, and stronger than before.

Many physicians have prescribed them, and I have done it too, but never had the least encouragement to continue them ; so that I think they are most justly laid aside by the faculty. When a viper is skinned, they are a mere skeleton ; and as to the salt it would be a hard matter to find it genuine : not that there is any thing to be depended on it. The above story has been exploded, having no good foundation either in theory or practice.

CHAPTER VIII.

I SHALL now lay before you a few cases wherein these drops has been given, but as they were private practice, I am not authorized to make their names public ; though for the future shall beg the favour of those who receive benefit by my drops, to send their case in writing, and if it is not agreeable to write their names and place of abode in full length, yet at least their initial letters, so that I may have an opportunity of laying it before the world, that others may know where to apply for a remedy for their diseases.

OBSERVATION I.

A young lady, having heated herself with dancing, drank cold water when hot, the next morning she was seized with a violent head-ach, this went off with proper applications, but in a few weeks after, she broke out all over her body, and particularly her face in

great pimples ; her apothecary had done what lay in his power, her body was better, but the humours seemed settled in her face : she began by my recommendation with one bottle ; at taking this first she was neither better nor worse as I could discern ; after taking the second she seemed better, the pimples not so large nor fiery, which encouraged her to continue : I think she took seven bottles before she was cured. A weak decoction of the guaiacum chips was her only medical drink ; no outward application was used, nor do I find any occasion for it.

OBSERVATION II.

A young lad, sixteen years of age, going into the country in the summer, it being very sultry, by ^otwo violent exercise, overheated himself ; a rash was the consequence ; it came out in small white pimples, very thick, like the small-pox ; he did not take proper notice of it, it struck in ; in about a
year

year after his face came out with large bumps like boils, which were full of blood, and white matter, these kept coming and going for five years; his body having little eruptions, which itched violently, and at last turned to a degree of the Leprosy, with white branny spots: he had tried phyfic of various sorts, from different hands to little purpose, sometimes better and sometimes worse. I ordered him my drops with a diet-drink of sarsaparilla; when he had taken five bottles he was well; he continued to take them for one month after to make sure work. This person and the foregoing had a very good appetite, and in general I find, that most that have these scorbutic complaint have a good stomach and eat hearty, rather too good a stomach. I have taken this opportunity to mention this circumstance, because there are some that would persuade people, that in these cases there is hardly any appetite: those that are troubled will judge best. Where people live sedentary lives, using but little exercise, their stomachs will not digest much food;

food ; and when it happens that these last get any disorder, it is apt to prey on the mind and sicken them ; therefore it is no wonder they want an appetite, but in working-people, and in general it is otherwise.

C A S E III.

A lady, who took but little exercise but riding in her coach, and not having her health regularly, her legs began to swell, and sometime after broke out in sad sores and were terribly ulcerated ; she was blooded and purged so much as to be brought very low. She was removed to another part of the country, to see what change of air would do ; one part of her health she recovered, but these bad ulcers remained ; she was for my drying them with outward applications, but on representing the danger, she complied with my advice ; when she took one bottle, she seemed worse, I recommended another, and to take a walk as far as her strength would allow, and to drink wine and water at her meals, with

with two gills daily of the decoction of *sarsaparilla*, with sixty drops of the balm *polycrestum* dropt in; by this method she recovered in about three months, taking the drops constantly.

C A S E IV.

A young girl, ten years old, was cured of the Leprosy by these drops: her arms, legs, and head were terribly scabbed over; no sooner one was peeled off but another came, they itched violently, and run very much. She was obliged to take eight bottles before she was cured, drank whey to her dinner, and *sassafras*-tea for breakfast.

C A S E V, I

A gentlewoman, of forty years of age, was sadly troubled with an inflammation in the face for seven years, attended with great heat, and hard red pimples that would not digest: She could scarce see out of her eyes.

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After making use of various medicines, great quantity of diet-drink, with lotions, drinking and bathing in salt-water, and with other mineral and chalybeat, all to no purpose, she was cured by these drops, and a decoction of the bark.

C A S E VI.

A captain's lady, who was afflicted terribly, her arms from the elbows to the wrist were almost one scab, her legs the same, only more corroded ; her head full of sores, her gums quite spongy and decayed from the teeth ; her face was tolerable ; her back here and there a blotch ; her thighs of the outside several blotches ; great weakness in the knees ; they were of the leprous kind ; the scabs rather darker at times ; whenever she drank any thing strong they heated and itched, so that she would scratch the places, and lay them raw presently ; it would easily give way, but would be soon covered over again ; the scales that came off were like those of a fish, and some broad as a shilling ;
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the inside of her ears was scurfy. She was vastly reduced when I saw her, and complained of pains like the rheumatic; she had been under a long course of trying many things, but not sticking to any one medicine, or one person long, for she expected miracles. I plainly told her she must not expect to be cured in a day, and that unless she would be ruled, I would not have any thing to do with her; she promised fair, but was not over punctual the first bottle, but on taking the second she began to be used to the medicine, as it did not confine her; the third bottle mended her vastly, and she was quite well before her husband came from abroad. She drank saffrafras-tea for breakfast, and drank a decoction of sarsaparilla towards the end; when she got better the scabs began to break in the middle, or form a shape like a crescent; in the middle it would be whole smooth skin, and and all round almost it would be scurfy; and this is what I have generally observed, these scurfy eruptions mend and go away in

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this manner ; and when quite well, leave no scar behind, except of ulcers that have eat deep in. For her gums, I ordered her to rub them with extract of gentian root.

C A S E VII.

A young girl was inoculated for the small-pox, got well ever it to all appearance, but that arm where the incision was made did not heal up, and soon after broke out in running sores and spread itself; the other arm was infected, and the face, like so many boils, when one seemed to mend another grew worse, till at length the child had no strength, and could not be moved without pain: she had been well physicked by the person who inoculated her, in hopes to carry off the humours. I gave her the drops in small at first, and so increased them, and ordered her to drink nothing but a decoction of sarsaparilla, with a little liquorice in it, and kept her upon this for six weeks, then gave her the bark in the room of the sarsaparilla,

rilla, with which she finished, and recovered in three months time: her strength and appetite came by degrees, about three weeks after she began taking the medicine.

I ordered for her breakfast ground-ivy tea, she being a little inclined to be hecick. Ground-ivy tea is a fine balsamic herb, and is good in scorbutic consumptions; it is reckoned to do wonders in tubercles and tartarous indurations of the lungs.

C A S E VIII,

A young woman in Spittalfields, was afflicted with a scorbutic disorder; she had first small pimples come out of her face, which soon grew to blotches; some of these grew like spongy flesh, and large as a small cherry, with blotches on several parts of her body; a violent pain of the head at times: her body was so sore she could scarce bear her stays, or turn herself in bed. I first ordered her

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gentle phyfic, then began taking the drops ; I ordered her to live low ; water-gruel for breakfast, and when ſhe found her humours too hot, to drink a little water, with a ſmall quantity of cream of tartar diſſolved in it, and ſweetened with ſugar, and at night to drink warm a decoction of ſaffafras, and ſarſaparilla the laſt thing : by theſe medicines ſhe quickly recovered ; ſhe waſhed her ſores ſometimes with the decoction hot.

Another perſon had his body covered in different places, with ſpots covered like bran, which for ſeveral years gave him no trouble ; kept coming and going, till one ſpring they began to heat and itch, and upon juſt touching the place, the ſcurf came off and oozed ; he had not taken any thing for ſometime, he had a good appetite, and looked well ; I ordered him to be blooded, he being very full ; he ſoon found the benefit, for his ſores did not itch ſo much as they uſed. Upon his taking my medicine, and drinking whey to his dinner, and ſaffafras for his breakfast ; he
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mended apace and soon got well. Bleeding I do not recommend in general, but where I see a person strong and healthful, as was the case here, I never hesitate ; for he being so full of blood, that made the superfluous humours flow to these places, where they found vent ; for when he removed the scurf, the place would bleed freely.

Another person was troubled with a scorbutic complaint ; his arms and legs would come out in pimples, itch violently, and when he scratched them, there would gush out a black grumous blood : he had worn a girdle for it, but found no service, so left it. I gave him some drops which he took, and soon got well.

Another young lady had a scorbutic disorder, which affected her very much, as it fell greatly on her face ; she was about seventeen ; but with the use of my drops alone, she soon got a fine bloom on her cheeks.

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A fervant-maid was troubled with a bad leg, there were feveral fores and fome bad holes, that you might bury a pea in ; they were firft small, but they heating, ſhe ſcratch- ed till ſhe got a humour in it, and, not think- ing, had worn a worſted ſtocking over it : now wherever there is a fore of any kind, nothing is worſe than woollen, it heats ſo. I recommended the Dog and Duck water juſt warm, to keep her body open, and take the drops as ordered. She recovered, and the fores filled up kindly, leaving no great mark behind. Several inſtances I could give of fetterous eruptions, pimpled faces, and bad breakings out cured by theſe drops alone ; the perſons not having opportunity, or con- veniency for making their medical drinks : but this would ſwell the pamphlet into a volume, and would only be a repetition. I ſhall beg leave to name a few more.

A young man had the miſfortune too com- mon to catch a bad diſorder ; he went under a courſe, and was aſſured he was well, but
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soon after he had eruptions, which gave him suspicion he was not, and was satisfied he had not been in company to catch any thing afresh ; he had some pills to take, one day being warm, and in summer-time, he stript and went into the water, thinking that might do him good, he not being cautioned against it ; he had like to have paid dear for his experiment, for he was soon after seized with numbing pains and a stiffness, so that he could scarce get home : he was ordered a sweat and put to bed, and with proper cordials and care he recovered of that in a week's time. The occasion of this was, the pills were composed of a mercurial preparation, and any sudden cold, or plunge into cold water, may bring on palsies in the limbs, or present death. I mention this that it may be a caution for people to take care of themselves when taking physic. He suffering so much from the pills, though not in fault, he threw them away, and dismissed the surgeon, which was ungrateful and ungentle : as he complained of pains in his limbs, I kept him to
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a decoction of sarsaparilla, with a small quantity of my drops taken daily; he grew better, and in about three months he left all off. Whether we can reckon this in the number of scorbutic complaints is some doubt; but this I have to say, there is many a bad scorbutic complaint that never would have happened, had it not been for some venereal case not thoroughly cured in the blood; and this is a proof that this medicine will root out all foulness wherever it finds it.

Another person was cured by these drops who laboured under a violent heat and itching of the blood, with small pimples in the skin that could only be felt at first; he took three bottles. Another person, a woman, who had the Leprosy, at first only small pimples in the face, then on other parts of the body: her cure took six bottles of the drops and a decoction of the bark. A young lad took four bottles for a cure of several large scabs on his head and face.

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It would be endless to lay before you the many cases that these drops have cured ; I shall now give a few hints in regard of medicinal drinks, as this must often supply my place.

CHAPTER IX.

GUAIACUM, saffrafras, sarsaparilla, and the bark, are the chief: I have tried several others, but not being satisfied with them, shall not recommend them to you ; for I like the most simple. Formerly it was very common to prescribe a jumble of things together, as may be seen in Old Dispensatorys. As to guaiacum, the decoction is very often recommended in any bad sores or ulcers either venereal or scorbutic: I have made frequent trials of it, and find it too hot, especially in those complaints, attended with heat and itching. It may be good sometimes to join it with sarsaparilla * but not
N alone.

* As in the Lisbon diet-drink, in Dr. James's Dispensatory, the receipt is: Take sarsaparilla-root, two ounces ;

alone. Sassafras is a warm ingredient, and where it is not made too strong so as to make the head ach, is a very good substitute for breakfast, and as such I recommend it to those who do not care to be at the trouble to make any other drinks: this is the chief ingredient of what is called salop, and sold about the streets in the morning. Whey, which is sold at the pastry-cooks, is an excellent cooling drink, and very proper in summer and spring, to be taken by those who are under a course of physic for any foulness of the blood. Sarsaparilla and the bark are my favourites, on which I can rely most; the first, sarsa, I give whenever the patient is of a hot constitution, complaining of aches or pains, head-achs, or bad ulcers, or consumptive habits. The bark I

ounces; raspings of guiacum-wood, one ounce; crude antimony reduced in powder, and tied in a linen bag; and crude mercury, each one ounce; water, three quarts; boil all the ingredients together in an earthen-pot till half is wasted; take out the mercury (which will serve again) and strain off the decoction for use. This is very good for foulness of the blood, to be drank constantly.

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order where the face labours under hard pimples, flushings of the face, bad eyes, sores of the scrophulous kind, hard knotty swellings, and where there is no fever: and these I particularly recommend, whenever I meet with a case that does not readily give way to my medicine, which however of itself will perform wonders: and I defy any one medicine that ever was, or is offered to the public, to excel it; yet with the assistance of some little drink it will cure much sooner, and perform greater cures. I know there are many people in the world, rather than be at the pains to make up a drink, would pay any money for a quack medicine, that tells them it will cure them without any other trouble, though they are often deceived. I will affirm this, that where a case takes twelve bottles to cure it by itself, that half the number will do when backed with a proper decoction. That I may leave you without excuse, I shall here set down how to chuse and make your drink: first the sarsaparilla, the root it is brought from New Spain; it con-

sifts of a great number of slender roots, about as thick as a goose quill ; it has a clammy, bitterish taste, but not disagreeable. Take of this root cut small, three ounces, and put it in a tin sauce-pan, with three quarts of water, let it boil till one quart remains ; just before you take it off, you may add a little liquorice-root, or raisins of the sun, to make it more palatable. In bad cases this should be drank in twenty-four hours, that is, a quart a day : it will not keep any longer. It may be drank either warm or cold, two gills at a time.

Mr. Fordyce, surgeon, has taken great pains to discover the efficacies of this root, and has published thirteen cases, in the first volume of the Medical Observations, which I shall give a short abstract of, by way of encouragement.

C A S E I.

It is to be remarked that these were venereal complaints. A woman had a sore breast, the

the nipples corroded by a painful chancre, blotches round her breast, ulcers in her throat, after suffering most dreadfully by salivation, violent pains in her head, and taking different medicines, with strong decoction of guaiacum, and a small quantity of saffraas and sarsaparilla, and other things for two years, she was cured by the decoction of sarsaparilla; and before she began this drink, her pains were so great, that she had not slept an hour at a time for several months together. The first night, after drinking the first quart, she slept several hours; in twenty days her pains left her; in seven more her throat was well; she recovered her speech: she drank thirty-seven quarts, which restored her to perfect health from a mere skeleton.

C A S E II.

A man of a scorbutic habit of body, with spongy gums, had been salivated three times; he had numberless blotches on his body,
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and other comp'laints; he was eased of his complaints by drinking a quart a day, for fifty-six days: another man drank fifty bottles; and another was cured with thirty-six bottles, a quart each. He had violent pains all over his body, and was unable to stand upright, or to have his limbs moved: the first quart compos'd him to sleep the whole night; though for three months past he had not slept an hour at a time.

Several other cases are there related, which the reader may peruse, of the same nature but too long to be inserted here. Upon the whole this author gives it his opinion, that *sarsaparilla* will relieve venereal, head-achs, and nocturnal pains; that in consumptive habits from venereal causes, it is a great restorer of appetite, flesh, colour, strength and vigour.

Now as we frequently meet with scorbutic complaints bordering on the venereal, I never fail to make use of this drink, nor does it disappoint

appoint me. It is to be observed I always let the patient take three bottles of the drops before I begin with the sarsaparilla, or the bark, to see what effect that takes. As many people, who are troubled with scrophulous cases are interested in this medicine, I shall dwell with pleasure on the Peruvian bark: I have already shewed you a great cure in the Elephantiasis, performed by the assistance of the bark. I have experienced its good effects in several cases. One person who took it for a constant drink, made weaker then usual, found surprizing benefit in a short time; three people whose disorders were as much of the evil, if not more, than commonly met with in scorbutic cases, such as hard schirrous humours, fistulous ulcers, interspersed with scabby eruptions, which all gave way with these medicines I recommend, though it took up three or four months. Had I ever thought of publishing these cases, I should have been more exact in my minutes.

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I hope however to make the public a recompense, as I now confine myself more closely to the knowledge of these distempers, which has been my favourite study ; because too much neglected by others. But to return to the bark.

CHAPTER X.

DR. Fordyce has laid before the public, his remarks on the Jesuit's Bark, of which I shall give from the first volume of the Medical Observations, the following abstracts.

CASE I.

A young lady, sixteen years of age, tall and thin, not having menstruated, was inoculated for the small-pox, and recovered ; only for some weeks after she had a few troublesome sores near the place where she had been inoculated ;

inoculated ; during which time she often took physic ; a great part of the right parotid swelled considerably, as well as the lymphatic external jugular, and below the parotid. After a dose or two of calomel, she took half a dram of the Peruvian bark, with a small proportion of bulb of arum, and saffrafras bark in substance, twice a day, which was washed down with a little red Port, and by applying externally the fumes of hot vinegar, in a few weeks the sores dried up, the swelling vanished without breaking ; she menstruated soon after ; and recovered her health, with a good colour, continuing perfectly well for these three years.

C A S E II.

A woman, about thirty years of age, after lying-in, had several hard tumours when her milk was going off in her left breast, and under her arm-pit : there had been swellings before in the same place, but they had been healed up for two years. I did not see her till ten weeks after her lying-in, when several

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ral of those tumours were broke with a plentiful discharge : however, they were still hard, and almost cartilaginous to the touch ; her nostrils were sore at the same time, and her under-lip thickened, which shewed the disorder to be scrofulous : she had tried several medicines for five weeks, but grew weaker and thinner, then went to the Neville spaw, which reduced her exceedingly.

After this I directed the bark, which at first run off by stool, but being checked, it strengthened her, and the size, hardness, and discharge of humours greatly abated; so that they gradually healed up, and she quickly recovered her flesh and colour.

C A S E III.

A girl, of four years old, very fair, pale, and puny, had a large hard swelling under her left ear, and along the same side of the lower jaw. She had had it two months before I was consulted, and was perfectly cured in
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about a fortnight, only with taking the following medicines : Take the best rhubarb, half an ounce; of Florentine oris, one ounce; of dried red roses, a dram and a half; infuse these, after they have been cut and bruised in two quarts of small ale, and let her drink a glass of the colature twice a day with the quantity of a nut-meg, of the following electuary, viz. Take Jesuit's bark in powder, six drams; saffrafras bark in powder, two drams; make an electuary with the syrup of sugar. The swelling was anointed every day with the ointment, and strumas of zacutus Lusitanus.

The distemper which goes by the name of the gutta rosacea, is a redness with tubercles in the face; sometimes the nose is strangely affected with it, and becomes of an enormous size. Tho' not a dangerous disease, it is often difficult to remove, and is extremely disagreeable to the fair sex. I was so much pleased to find the bark of service in this disease, that for their sakes, I shall be allowed to give a proof of its efficacy in the following case.

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CASE

C A S E IV.

A young woman, of a thin habit, but regular in her menstrea, temperate and healthful, eating little meat, and living mostly on vegetable food, had three years ago a breaking out of pimples, first about her nose and cheeks, and ever since about her forehead, nose, mouth, and chin. Those pimples used to rise suddenly to the size of a common pea, inflamed, and in a few days suppurated partially. One crop constantly succeeded another, which occasioned me to try various medicines, as often bleeding, purging with salts, calomel, and jalop, athiops mineral and Plummer's pills: she drank many gallons of the Neville hot spaw, lime-water, whey, and decoction of guaiacum; in the use of this last she seemed for a short time free from those eruptions, but never got clear of them. She used externally for many months the white ointment, camphorated alum, brandy, preparations

parations of sulphur : it was observed here, that mercury was rather hurtful.

Three complete years being spent in this tedious and ineffectual course, I determined to try the bark, so gave half a dram in substance twice a day. She had not taken above half an ounce, when the inflammation in her face diminished; the pimples which were forming retired without suppuration, and no new eruption appeared: by the time she had taken three ounces, all the pimples were healed up, and her face became smooth. During the course of the bark, no external application was used, or alteration made in her diet.

C A S E V.

A boy, five years old, had an inflammation of the strumous kind in both eyes, which had continued for several weeks, and had produced two small ulcers in the cornea of
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the left-eye. He was bled, blistered, and frequently purged, but found no relief; he was cured with a seton in the neck; but two years afterwards an inflammation seized the left eye, with a dimness of sight, insomuch that the boy could not bear the least glimpse of light. The child took much physic, but it no ways abated the humour. After three months he was brought again, when I perceived in the cornea, opposite to the pupil, a considerable ulcer that would have held a middle sized vetch; the child was not able to bear the light: the seton was opened afresh in his neck, and it seemed to discharge sufficiently for above a month; yet the eye neither grew easier nor clearer. I then ordered the Peruvian bark twice a day, and a common spoonful of red Port wine after each dose; and two more spoonfuls in the day: in three weeks he took two ounces of bark. The external application was the same all along, namely, the Aqua Ophthalmica of the Edinburgh Dispensatory: the ulcer cicatrized; the inflammation totally disappeared in a month, and he is now well. CASE

C A S E VI.

A clergyman, fifty-three years of age, who who had lived luxuriously, being withal inactive, and naturally indolent, grew hectic, breathed short upon motion, his legs swelled, and one of them was seized with a St. Anthony's fire, which was followed by a small sore that gleeted plentifully, but would not heal. He took two or three doses of physic, and then began the bark, with some drops of a bitter elixir; his sore contracted and healed; the swelling of his legs subsided, he breathed free and easier, grew and looked better: he took about seven ounces of the bark in seven weeks, and continued well for some months; but being still intemperate and inactive, he relapsed. The sore broke out again in his leg, he went to Bath, but drank very little of the waters; he returned into the country, when a bilious fever overtook him and proved fatal.

C A S E

C A S E VII.

A lady had enjoyed good health till about the sixty-fourth year of her age, when becoming melancholy upon the death of her only child, tumors of the size of a chesnut began to form on her legs and thighs, at first pale, and without pain, but gradually inflaming and breaking. As she would not permit them to be opened, when I first saw her, which was after she had been confined with this disorder eight months, I found her pale, emaciated, weak and low, from long pain, watchings, and a great discharge of sanies from the lower extremities, now grown very œdemotous and almost half rotten with ulcers of different dimensions, but all fœtid, foul, gangrenous, and many of them very large. To mitigate her sufferings, she had been obliged at last to take the quantity of nine or ten grains of crude opium daily ; she had tried mercurial alteratives, decoctions of the wood, and lime-water without any relief, and could have no stool without taking

taking a strong purge every fourth, fifth, or sixth day. As she would not submit to clysters, fomentations, with proper digestives were ordered ; at the same time she took of an electuary made of conserve of garden scurvey-grass, powders of the bark, and cuckow pint compound, thrice a day, and a purging ptisan occasionally ; but as frequent purging affected her strength, asses milk and Pyrmont water were directed to a pint and a half daily. By the use of these and the bark as above, or along with the antiscorbutic juices to the dose of one dram, or four scruples of the bark a day, she was greatly relieved ; the itching, scurfy, pustules on her arms and body lessened greatly, and the swellings of her legs abated, and the sores discharged less ; the matter became of a better consistence, and many of the ulcers healed. She was allowed to take the air in her coach, as the weather then permitted it, and was able to reduce her dose of opium to one half. Yet the inveterate itching about the sores occasioned her scratching them so

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much

much while asleep, that the old scars would break out again, sometimes in one nights time to the breadth of an inch. Thus, however, the sores were reduced in general to a small number, and compass on both legs before the autumn. After this a cold season setting in, we were at a full stop: mild cathartics and antiscorbutics without the bark were tried, but the pain and increase of her sores convinced us soon of our error. We therefore had recourse again to the bark, when a fresh inflammation and prodigious swelling of the left leg and thigh of the erysipelous kind obliged us to make evacuations and fomentations: in the interim the right leg healed, but the sores on the left were very troublesome to cicatrize. The old sores often breaking, she went on with the bark to two drams most days, and towards the approach of spring, all the sores healed up. She took the bark therefore near three quarters of a year: if at any time she omitted it the ulcers were at a stand, or discharged a gleet, and spread like a gangrene. Her not
yielding

yielding to lie in bed, no doubt, much retarded the cure. When the cold weather began she left off the Pyrmont waters, asses-milk, and made a trial of tar-water, but without effect; nor indeed did any thing but the bark prevail, for the scurvy, pimples, and itching in her skin. I sent her to Buxton, where she was completely restored in one month, and returned quite well. After two years her sores broke out again, and an eminent surgeon of the place cured them; but not without a plentiful use of the bark, as I advised him to confide chiefly therein.

The bark has lain under a prejudice, and Boerhaave affirmed, that the taking too much bark was one of the causes of the scurvy. The translator of his Aphorisms writes thus: I came to England very much prejudiced against the constant use of the bark, but I protest that I am entirely recovered of that prejudice, and think now sincerely, that there is hardly any one medicine in nature which is capable of so many good, and guilty of so

few ill qualities ; and particularly in this case I absolve it, as being rather able to induce into the blood an evenness of mixture and a solid contexture, than to break the same, which we shall see anon, is one of the most obvious causes of the scurvy. That it is apt to lay in the bones, was the opinion of the great Sydenham and Boerhaave, which has hindered it from being made use of as it deserves ; but the faculty have found out their error, and now much recommend it.

Dr. Fothergill has long given the bark in scrofulous disorders, and affirms, that it may not only be given with safety, but to manifest advantage in many of these cases. Inveterate ophthalmies generally yield to it, incipient glandular tumours are very frequently resolved, and their further progression stopped ; swelled lips and cutaneous blotches arising from the like cause are healed, and the tendency to a strumous habit corrected by a proper use of the Peruvian bark. However, it will not succeed in
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all cases, though there are few in which a trial can be attended with, much detriment. Dr. Fothergill gives the bark in a liquid form, viz.

Take Jesuit's bark in powder, one ounce, and boil it in a quart of pure water to a pint; towards the end add liquorice-root cut, half an ounce: to the colature, add of nutmeg-water, two ounces, and mix them. The dose is two, three, or four spoonfuls, with ten, twenty, or forty drops of the volatile tincture of guaiacum twice or thrice in a day. A small quantity of Winter's bark added to the medicine, gives it a grateful warmth, and renders a quantity of the compound water less necessary. A few raisins, or gum Arabic, or the like, added, before it is taken off the fire, by making the liquor viscid, enables it to suspend more of the fine particles of the bark, and at the same time renders it less disagreeable. This receipt will make the simple decoction, only leaving out the nutmeg-water.

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You must be careful when you buy your bark, if you prepare it yourselves, to have the best, otherwise you must not expect any good. The best Jesuit's bark is of a reddish or cinamon colour, of an aromatic bitter taste, and not very disagreeable. It would be too tedious here to give a receipt of the various preparations and doses of the bark, that must be suited to the patient's case : a piece of Seville orange-peel is very good to eat a bit after dinner to digest it : that and gentian are our chief ingredients for bitters.

From the different cases here related, I hope those will reap some benefit that are afflicted. I am satisfied I have endeavoured to point out the easiest and safest method which occurred to me, from the experience of fourteen years ; and I would have made my medicine public, could I have done it with justice and propriety, so as to have been of real service to the public : but when once a medicine is laid open to the world it is no longer prized ; and tho' while
a secret

a secret was adored, when common is despised : and were it to be communicated, very few have conveniencies, utensils, or judgment proper to do it. I have undertaken this work, because I do not know of any work so collected together in one book ; and by holding up to your views what others have suffered, and how cured, you may be animated to persevere in taking what is ordered : and when you apply to any gentleman for a cure, do not be in a hurry to leave him, tho' you should not meet with that encouragement you expected. This is the very reason people often miss of their cures, shifting from one doctor to another, and from one medicine to another. Believe me, that with resolution, perseverance, patience, and temperance, great things may be done, without them, nothing. And in these foregoing disorders, they require a light diet, good exercise, and abstinence from strong drinks ; and clean dry linen is very refreshing and strengthening ; and when people are subject to these disorders they should be

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particularly watchful over their passions. For violent commotions of the mind, as anger, fear, or grief, and sudden frights have a great effect on the body; and though they will not produce these disorders, yet if there be the least seeds, it will ripen and bring them forth.

A man who had a Leprosy in France, of which he died, his wife gave it as her opinion, that he got it by a fright, because none of the family had ever any symptoms of it. She says her husband was out a fishing on the lake of Barra, during which time a great storm arose, and it was with difficulty that he got home: the repeated flashes of lightning enabled him to find his way thither: on his arrival it was a matter of fresh concern to him, to find that his brother was not returned, who had been fishing with him, but in another boat; he fancied that he had not been able to weather the storm, and had been drowned. The thought whereof drove him to despair, and he remained a long time
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in this situation. As it was very late before his brother arrived, his wife observed the concern he was in, and had him blooded the next morning: a little time after this the symptoms appeared. From this instance you may imagine that terror is capable of producing the Leprosy; but, as I said before, I cannot be of this opinion; for though it may make the disease shew itself, yet it can never produce it, for if that was the case, it would be common in other countries. Children should not be kept too close to their learning, when under any of these complaints, but indulged in play that varies. The same is to be considered in grown people; for nothing hinders a cure so much as when people are either hurried in their affairs, or think too deeply: extremes are to be shunned on the other hand; for violent exercise increases the vital heat, and sometimes produces fevers.

I have seen very good effects from a decoction of the bark of elm: a quart drank in

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a day

a day, and the fores washed with it, made hot as the patient can bear, and of the juniper-bush and berries cut small and boiled, I think deserves a third place; a quart drank in a day, for a year. Guaiacum may be proper in cold constitutions, but not in hot; it sweats powerfully, and is a useful ingredient in cathartic potions. I have not found any of the hot balsams serviceable: it is on this account that I prefer the cold before the hot, among the very eatables; for some patients at particular seasons to look at them you would think they were starved with cold, at the same time they complain of a violent heat in their blood, which often affects the face, or the arms which itches intolerable. This will go off when you are warm in bed, but frequently attacks again as night draws on; and these patients, if they eat any high-seasoned sauce, or drink any strong liquor, are sure to suffer for it. When pimples that come out of the face grow large, it is best to prick them with a lancet, or any sharp instrument, to let out the matter,

ter, which will prevent their growing to that monstrous size like boils. When the lips swell and are painful, you must let the blood out in the same manner. Very often the lip is cracked in the middle, and though it heals, yet upon sneezing, it will bleed afresh. A piece of ladies sticking plaister must be laid over it: it is a sure remedy: one piece generally cures; lip salves are too trifling in these cases. When the crown of the head is either scabbed over, or running sores, so that you may pull the hairs off very easily, it is best to have it shaved over; for hard swellings in any part of the body, rub it well over with your fasting spittle as soon as you are awake every morning, it will lessen them greatly. When your gums bleed, use the powder I mentioned, it never fails to stop it; keep up your spirits by agreeable amusements, not too fatiguing, and every one round should encourage the patient upon the least amendment. The body should be neither too coactive nor relax in regard of diet; no sudden alteration should be made. If a person who has

been used to live high, and drink freely of spiritous liquors, should on a sudden change it for a spare diet and aqueous liquors, he would find himself grow faint and more feeble, and nature would not be able to expel the cutaneous matter. Therefore let those that have lived too free, so that they perceive it hurt them, reduce their diet by small degrees : all salt meats are hard of digestion, and hogs flesh * should be left out. In general observe when you eat any thing, if you find it heats or puts the blood in a ferment, leave it out of your diet ; on the other hand any thing that is too cold, you may add something warmer to correct it. China oranges, Seville, and lemons are very proper, as most ingredients that have a cooling, acid, or bitter taste : a milk diet is very good, especially for young people : others who live moderate, need make no alterations in their manner of living. For many a person can wit-

* When the fatal sickness was at a place called Nimeguen, Dr. Diermerbroek observed, that many were presently infected with the plague upon eating of hog's flesh, which occasioned the people to forbear it, and give it to the dogs.

ness a sound cure (who observed no particular regimen) by taking the drops alone, which are as certain a cure for the following disorders, as ever was or is offered to the public, viz. Leprosy, scorbutic ulcers, pimpled faces, fistulas, and strumas, or scrophulous cases, piles, or old obstinate sores, by purifying the blood and eradicating out of it whatever offends. This medicine creates a good appetite, and causes an easy digestion, and thereby prevents wind from accumulating in the first passages, very often the cause of headaches, lowness of spirits, and other indispositions incident to the human frame.

This medicine is so safe, that it may be taken by women with child, and persons of the most delicate constitutions, or any number of years together.

N. B. If any further advice is desired, please to direct a line, post paid, for L. M. to be left at Mr. Spilbury's, No. 24, Gutter Lane, Cheapside, signifying their case, age, sex,

sex, constitution, and what methods they have taken, and how long afflicted. I will with pleasure return an answer, which will be left at the same place : it must not be expected in less than a week.

The CONCLUSION.

As life without health is but a burden, I cannot conclude this book without recommending to your serious perusal, the following judicious observations of the regimen of life, by that great and learned physician, Dr. Richard Mead.

Of the Regimen of Life.

I hope it will not be thought inconsistent with the scope of this treatise on the diseases of the human body, to subjoin by way of conclusion ; some short rules for the management of persons in health through the different stages of life. Although indeed this task seem to be rendered almost superfluous by the precepts delivered by Celsus, which whosoever will observe, with due regard to the difference of climates, and man-

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ner of living now : and in the time of that wise author, most certainly, to use his own words, will not in health squander the resources of infirmities ; for such is the natural constitution of the body of man, that it can easily bear some changes and irregularities without much injury : had it been otherwise we should be almost constantly put out of order by every slight cause. This advantage arises from those wonderful communications of the inward parts, whereby when one part is afflicted, another comes immediately to its relief. Thus when the body is too full and over-loaded, nature causes evacuations through some outlets ; and for this reason it is, that diseases from inanition are generally more dangerous than from repletion ; because we can more expeditiously diminish than increase the juices of the body. Upon the same account also, though temperance be beneficial to all men, the ancient physicians advised persons in good health, and their own masters to indulge a little now and then, by eating and drinking more plentifully

tifully than usual; but of the two, intemperance in drinking is safer than in eating; and if a person has committed excess in the latter, cold water drank upon a full stomach will help digestion, to which it will be of service to add lemon juice, or elixir of vitrol; *if* he has eaten high seasoned things, rich sauces, &c. then let him sit up for some little time, and afterwards sleep; but if a man happens to be obliged to fast, he ought to avoid all laborious work. From satiety it is not proper to pass directly to sharp hunger, nor from hunger to satiety; neither will it be safe to indulge absolute rest, immediately after excessive labour, nor suddenly to fall to hard work after long idleness. In a word, all changes in the way of living, should be made by degrees.

It is also beneficial to vary the scenes of life, to be sometimes in the country, and sometimes in town; to go to sea, to hunt, to be at rest now and then, but more frequently to use exercise; because inaction renders the
body

body weak and listless, and labour strengthens it: but means is to be observed in all these things, and too much fatigue to be avoided; for frequent and violent exercise overpowers the natural strength and weakens the body; but moderate exercise ought always to be used before meals. Now of all kinds of exercise, riding on horse-back is the most convenient, or if a person is too weak to bear it, riding in a coach, or at least a litter. Next follows fencing, playing at ball, running, walking; but it is one of the inconveniences of old age, that there is seldom sufficient strength for using bodily exercise, though it be extremely requisite for health: wherefore frictions with the flesh-brush are necessary at this time of life, which should be performed by the person himself, if possible, if not, by his servants. Sleep is the sweet soother of cures, and restorer of strength, as it repairs and replaces the wastes that are made by the labours and exercises of the day; but excessive sleep has its inconveniences; for it blunts the senses, and renders

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them

them less fit for the duties of life. The proper time for sleep is the night, when darkness and silence invites and brings it on : day sleep is less refreshing, which rule, if it be proper for the multitude to observe, much more is the observance of it necessary for persons addicted to literary studies, whose minds and bodies are more susceptible of injuries.

The softer and milder kinds of aliment are proper for children, and for youths the stronger : old people ought to lessen the quantity of their food *, and increase that of their drink ; but yet some allowance is to be made for custom, especially in the colder climates like ours ; for as in these the appetite is keener, so is the digestion better performed.

* A remarkable instance of this rule we have in the life of Lewis Cornaro, a noble Venetian, who diminished his food, the older he grew ; at last a yolk of an egg served him for a meal or two : by this means he preserved his health, and was vigorous to the age of an hundred ; his mind did not decay, he never used spectacles, nor lost his hearing. See his life, printed in a small book called *Cornaro on Health*. The book is sold in the Strand.

Physicians

Physicians are agreed, that copulation,
 When age, adult and high brac'd nerves invite
 Should neither be immoderately desired,
 Nor dreaded to excess. The good old man
 Is by his tame frigidity admonished,
 Not to engage in the dull drudgery,
 Mistaken for enchanting scenes of pleasure ;
 Lest he thus snap his feeble thread of life.
 But what more base, and noxious to the body,
 Than by the power of fancy to excite
 Such lewd ideas of an absent object,
 As rouse the organs, formed for nobler ends ;
 To rush into the embraces of a phantom,
 And do the deed of personal enjoyment.

In fine this truth ought to be deeply im-
 printed on every mind, that this, and indeed
 all other

Voluptates commendat rarior usus.
 Pleasures are heighten'd by a sparing use,

For my part, after mature consideration, I
 am long since come to this way of thinking ;
 that although pleasures, riches, power, and

other things which are called the gifts of fortune, seem to be dealt out to mankind with too much partiality, yet if we take in the whole compass of the matter, we shall find a greater degree of equality of those things which constitute real happiness than is generally imagined. People of low condition, for the most part, enjoy the common advantages of life more commodiously than those of the highest rank : wholesome food is acquired by moderate labour, which likewise mends the appetite and digestion. Hence sound sleep, uninterrupted by gnawing cares, refreshes the wearied limbs ; a flock of healthy children fill the cottage ; the sons grow up robust, and execute the father's task, making his hoary locks to sit comfortably on him. How vastly inferior to these blessings are the vain delicacies of most persons of affluent fortunes, which are closely attended with real evils. In order to get down the food, their stomachs require high fauces, which heat and corrupt the blood, and render the body obnoxious to distempers :
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the debauches of the day disturb their rest by night ; and in punishment for their vices, their sons, the great ornament and support of families, contract diseases in their mother's womb, with which they are afflicted through the whole course of a languid life, which seldom reaches old age. They are frequently racked with anxieties for obtaining honours and splendid titles, so as to be despoiled of the comforts which they might reap from their plentiful possessions, by the vain desire of new acquisitions ; wherefore,

——— Horum

Semper ego optarim pauperissimus esse bonorum.

I always wish to be extremely poor

In wealth like this.———

But there is one great inconvenience more attending high living, that by overloading the body, the faculties of the soul are clogged, and the passions are all set on fire ; whereas on the contrary, the slender and
homely

homely diet of the poor and laborious,
neither oppresses the strength of body, nor
supplies the vices with fuel ; therefore un-
less prudence be a constant attendant on
opulence,

Vivitur ^{que} ~~exiguo~~ melius.

'Tis better living on a slender fortune.

Nor is nature to be deemed an unjust step-
mother, but a most provident and benefi-
cient parent. Upon the whole, it behoves a
wise man in every stage of life

Servare modum, finem que tenere,
Naturamque sequi,

———To hold the golden mean,
To keep the end in view, and follow nature,

But whosoever forms a right judgment of
human nature, will certainly find that some
men are vastly superior to others in the en-
dowments of the mind ; and yet, a sad re-
flexion, even the best minds are blended with
some degree of depravity. So the most
healthy

healthy bodies are frequently afflicted with great infirmities; and these being the seeds of death, ought to put us in mind of the shortness of this life, and of the propriety of this expression of Lucretius,

Vitaque mancupio nulli datur, omnibus usu.
None have a right to life, all to its use.

And likewise that there is no absurdity in this saying of Hippocrates,

The whole man from his birth is a disease.

Upon the whole, as the due government of the passions strengthens the mind, so temperance in diet renders the body less exposed to these turbulent motions; and this rule holds good, not only in those who are naturally of a hot constitution, but even in those who curb their appetites, because it keeps them in a state of tranquillity; and this is the way in general to resist these evils, or at least to diminish their effects; but when they have taken deep root in the body, each of
them

them requires its own proper remedies. In those commotions which check the course of the vital humours, spurs are necessary, but curbs when they gallop too fast. But what is of the utmost consequence is, to frequent the company and follow the advice of persons of fortitude and wisdom; for in every stage and state of life, great is the power of example, whereby we insensibly learn to give ear to reason, and govern our passions; which, unless brought into entire subjection, will become our tyrants.

F I N I S.